

Courses and fees (各コースのご案内と料金)

Individual music therapy sessions

Children's course (suitable for 0-10 years old, individual session, 2 music therapists)

The music used in these music therapy sessions will enable us to build a direct bridge to the outside world for children who have difficulty with language acquisition or who show little interest in connecting with others.

In order to develop a good relationship and to find how best to proceed in supporting the child, we shall observe, consider and discuss the child's situation with the parents in each session. Together, gradually and enjoyably, we can open up your child's world.

1 session: 45 minutes (by appointment only)

Session fee: 7500 yen (NPO member) 8500 yen (non-member)

Availability: Tuesday-Thursday (every week) or Saturday (once or twice a month)

Up to 3 sessions per month (national holidays within the 4 week period/month are also possible)

Adolescent/young adult course

(suitable for 10-20 years old, individual session, 1 or 2 music therapists)

Sessions suitable for adolescence-c20 years old which aim to prepare the client for adult life.

Through musical conversations, we aim to encourage self-expression, improve inter-personal relationships and maintain various functions the client has acquired in pre-pubescence.

Together we shall search for the clients 'My Song' and explore various social experiences through music.

Depending on the nature of the client's personality and whether they require extra assistance, either one or two music therapists will deliver the sessions.

1 session: 45 minutes (by appointment only)

Session fee: 7500 yen (NPO member) 8500 yen (non-member)

Availability: Tuesday-Thursday (every week) or Saturday (once or twice a month)

Up to 3 sessions per month

Home visit music therapy sessions (regular members only, individual session, 2 music therapists)

We can deliver music therapy sessions for clients who, for whatever reason, are unable to leave their house (currently receiving nursing care etc), provided the place of residence is possible to reach within 30 minutes from the NPO music studio. (However, exceptions may be made).

1 60 minute session = 30-45 minute music therapy session and 15-30 minute informal discussion (by appointment only).

(However please reserve 90-120 minutes for the session to allow for the assembly, setting and disassembly of equipment and instruments).

1 session: 10,000 yen + travel expenses.

(We must travel by car in order to bring the instruments. If there is no space to park the car, the car parking fee shall also be included in the travel expenses. We appreciate your cooperation).

Consultation and discussion with guardians and caregivers (members only)

One-to-one discussion with the client's main music therapist .

Discussion can be held via email or over the phone free of charge. However, for a more detailed discussion or for those who wish to receive counseling, please make a reservation to meet us at the NPO Kokoro Music Studio. We also offer a warm welcome to those who wish this counseling session to be for themselves, rather than for the client, as this will also help us to gain a better understanding of the client's and your own situation.

1 60 minute session: (by appointment only).

Session fee: 4200 yen

*** * For those wishing to arrange a music therapy session * ***

- For hospital out-patients and those who are currently taking medication, permission must be obtained from the family's physician for the client to receive music therapy.
- All of the sessions are by appointment only.
- Please note that in general it is not possible to observe the session of another client.
- Please feel free to contact us if you would like to know more about what music therapy is and if you would like to request a one-time trial session.
- Please note that similar to other types of medicine and therapy, if a prescribed, regular course is not followed, the results of music therapy sessions cannot be guaranteed.
- On the day of the first music therapy session, an interview of up to 45 minutes will be held with the client and/or family.

First Visit (intake session fee): 10,500 yen

The yearly membership fee to NPO Kokoro Talk Music is 6000 yen. We kindly request that this be paid when applying for a full subscription of music therapy sessions (after the initial intake session).

First visit: Play interview (45 minutes), intake session (45 minutes) and counseling (45 minutes)

First visit fee: 10,500 yen (by appointment only)

Music Therapy Live

At NPO Kokoro Talk Music, we support amateur artists who have expressed a wish to participate in music therapy live events and also offer help for children's live events. We would like to provide support for meetings and rehearsals for children's events and to offer supervision for amateur artists' events. Please note that the fee for this is the same as our fee for supervision (please see 'Supervision' below for further details).

Other than offering support with rehearsals for a live event for or involving children with disabilities, we can also provide frameworks for events and meetings and provide support for the actual event or session itself. The fees for these services are illustrated below.

Music Therapy Live support and session fees

Venue: MTN Kamiuma 5 chome Music Studio

(for the attention of amateurs and artists requesting supervision)

Session fee: For 1 person 1: 6000 yen (2-3 therapists). For 2 or more people: 3000 yen (music studio capacity: Up to 4 people)

Other fees related to holding an event are as follows:

1. Implementation expenses to actual expenses of a music therapy live event.
2. Regards actual costs of an event, we want to offer our assistance whether a participation fee is required or not (i.e. whether the event will be supported by a foundation and therefore free for participants or not). This will be allocated if there is room within the budget for the NPO.

Private Music Design course

A course which facilitates musical communication through the use of keyboard instruments, percussion and physical expression. In private lessons or small group sessions using musical instruments and technology, we are in fact repeating our session training with a view to nurturing the talent of those who are able to communicate to a wide number of people using music.

From Sept 2013, we began offering this course mainly for children with no disabilities but who would benefit from a short course of music therapy in order to support their general development, as 'after care' for children who had completed a course in music therapy at Kokoro Music Studio, and for the younger siblings of children who had received music therapy and wished to participate in sessions themselves.

1 lesson: 30 minutes (age 3-primary school year 2) or 45 minutes (primary school year 3 and above) generally 2 sessions per month.

(In the case of absence, there is the possibility to transfer a session up until the month after the next. However please note that the teacher may not always be available.)

Availability: Tuesday-Thursday (every week). Up to 3 sessions a month.

Tuesday-Thursday (every week), reservation of 2 sessions per month (in general) (Please note music therapy sessions take priority)

Session fee:

(1 teacher) 3 years-primary school year 2 = 30 minutes: 3500 yen

Primary school year 3 and above = 45 minutes: 4000 yen

(2 teachers) 1 time block of 60mins: 6000 yen

(In the case of absence, there is the possibility to transfer a session up until the month after the next. However please note that the teacher may not always be available.)

- In sessions for children in primary school year 3 and above, a talk with the mother is not included in the session time. (Updates and discussions can be done via LINE, email, phone calls etc).
- Simple records, evaluations and assessments shall be kept.
- In the case of 'after care' sessions, according to the wish of the mother, it is possible to alternate between a session of PMD and a music therapy session.
- Please contact us if you would like further details on the differences between PMD and music therapy courses within an 'after care' course.

Musical dialogue course (individual session)

This course aims to develop the acquisition of personal skills for those who wish to become a specialist in music therapy and is also suitable for the average person who loves music, focusing on their personal development and physical health.

Tuesday-Thursday (every week), reservation of 2 sessions per month (in general)

(Please note music therapy sessions take priority)

1 60 minute session: 6000 yen (by appointment only)

クリッピング・ミュージック・セラピーclipping? music therapy

For those who wish to create their 'own music', who want to learn more about themselves through music, who have a message they want to share or for those who want to improve their mind and body functionality in a relaxed setting through music, we provide a session which encourages self-care and self-reflection.

In a typical session, through counseling we support the client to verbalize their thoughts about 'myself; here and now', and use these words as a basis for creating a song together. Through performance of the completed song, the client is encouraged to think about themselves again in the 'here and now', compare it to how they were when they wrote the song and therefore gain an objective view of themselves. This is an original type of therapy we have named 'clipping': Providing the opportunity to step back and see yourself from a different point of view with more clarity and space. We also provide a similar course where we offer support for those wishing to write their own lyrics and music. In order to allow enough time for composition in the session, we strongly suggest booking a 2 hour long session.

1 120 minute session: 12,000 yen (by appointment only).

Available schedule: Tuesday-Thursday (Every week. Other days may be possible)

‘クリッピング’ というのはちゃんと分からないので、このところとチェックしてください。

Practical training

We provide training for music therapists who would like to strengthen their improvisation skills. We cover ways to improvise at the piano, improvisation through song, methods of using rhythm instruments, effective use of instruments, vocal coaching and so on.

Our training has a good reputation of quickly helping you to elevate your skills.

1 45 minute session: 4200 yen (by appointment only)

Available schedule: Monday - Saturday (please contact us to discuss time slots)

Super・vision スーパー・ヴィジョン

We offer assistance with the Academic Society Certification, the advancement of clinical skills essential for clinical practice, and with solving problems related to co-operation with other professionals, case studies and treatment structure investigations. We also offer supervision support for Music Therapy Live events.

1 45 minute session: 4200 yen (per person. By appointment only).

Available schedule: Monday - Saturday (please contact us to discuss time slots)

*** * Further information (notices and requests) * ***

1. For those joining us mid-financial year, the yearly membership fee will be split into monthly instalments.

2. As the NPO's music studio is located within an ordinary, private house and the day-to-day actual work is carried out by an all-female team of therapists, clients wishing to receive individual music therapy sessions at Kamiyama 5 Chome Music Studio are restricted to children under the age of 18 accompanied by their mothers and by females (of all ages). However, exceptions to this rule are made in the following cases:

☆ Adults who had received music therapy from us since early childhood /school age

☆ Those who are accompanied by a family member

☆ Family members who have requested music therapy for their mothers or children and would like a personal experience of the therapy themselves.

We will also welcome fathers and older brothers whom are requested to attend by their sons and younger brothers.

(8 hours)