



VIRTUAL Music Therapy



- Learn about the impact of music and how it affects brain and body
- Explore various musical types
- Play an instrument or piece for the group
- Meet with peers to discuss an solution find for challenging situations
- Managing stress
- Mood regulation
- Utilize reasonable and practical skills to improve quality of life

This is a great way to improve family life, relationships, and global health
If interested please call 703.497.1771 or email intern@pwfc.com

**Coordinated by: LPC/NCC Jennie Polizzi; COO, Intern Coordinator and Supervisor,
Director of Advocacy and Outreach, and Psychotherapist at Woodbridge Therapy Group and Prince William Family Counseling**

- PhD Counseling Education and Supervision (PhD CES) Candidate,
- MS Clinical Mental Health Counseling (CMHC),
- Cert. Mental Health Science (MHS), BS Psychology (Psy), AS Social Science (Soc Sci-Hx emphasis)
- Board Participant for American Mental Health Counselor Association (AMCA)- Diversity, Equity and Inclusion (DEI) Task Force,
- American Mental Health Counselor Association (AMCA)- Public Awareness Committee,
- Capella University Human Services Committee alternate member