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Allegro Community School of the Arts Launches Music Therapy Program

Seasoned Early Childhood Educator & Music Therapist Leads Local Special Needs Children in Song

Warrenton, VA – April 27, 2016 – Allegro has expanded its offerings to include a dedicated program for children with special needs or learning disabilities. In this music therapy program, music, movement, rhythm, sound, dance, song and percussion are used to help a child progress, learn and succeed in their everyday lives.

Allegro Executive Director, Sam Yoder says, “The goal is more than to provide a happy atmosphere of learning – it is to assist parents and the student’s school and doctors in helping the child reach their full potential. What we started doing here in January was just the beginning; it has grown to a full size program that is now catching on within the whole region. It is time to let the community know what is going on here.”

According to Allegro, music therapy interventions focus on the development of the whole child. This encompasses social/emotional, cognitive and physical development on all levels. The sessions are based upon observations, responses, and the alignment of developmental milestones with musical milestones for each age. Music therapy offers assessment of needs, interventions, assists with early detection and interventions for young children. Music therapy offers a wide range of engaging activities with the use of instruments, movement, rhythmic activities and social interactions. Learning and play are connected in this enticing medium. Participation in music and music therapy provides and enhances foundational academic skills in math, language, gross and fine motor skill development, and listening. Sessions are designed specifically to meet the needs of each group or individual through the use of preferred music.

Kari Podboy, BC-MT, is directing Allegro’s Music Therapy program. She brings with her 15 years of experience working with a wide range of patients from infants to elderly into hospice patients and families. She has worked within a school system and independently. Kari completed her Bachelor of Music Therapy from Loyola University in 2000. She will complete her Master’s in Early Childhood Education in 2016. She has worked with individuals ranging in age from 6 months to 90 years of age with various mental, physical and emotional disabilities.

Mrs. Podboy describes her teaching philosophy: “My approach to music therapy focuses on utilizing all aspects of music to benefit the whole person. Using music as a dynamic medium for each individual or group focuses on how it makes you feel, the spirit in which you do it and the changes that result from

the experiences therein. I believe strongly in the power of music to create personal connections, facilitate change and help each person engage in creative musical endeavors. Throughout my career, I have been fortunate enough to see the power of music through words, rhythms, stories and improvisations benefit individuals of all ages. It is my ultimate goal to create an open, nurturing musical environment for people of all ages and abilities.”

Mrs. Podboy says what she loves about music therapy is the way it unlocks doors that are otherwise not accessible. “The other benefit is how individualized it can be because music is so versatile and you can really tailor it to different needs and groups and make it the best fit,” says Mrs. Podboy. “I believe in meeting the students where they are and first seeing what their needs and goals are, and then approach how music, the therapist and the child can engage together to best meet those needs.”

Allegro’s Music Therapy program is private pay. However, Allegro can provide students’ families with documentation to use with personal insurance and can work with students’ doctors and student’s IEP through the schools.

For more information, visit: www.musictherapy.org/assets/1/7/MT_Special_Ed_2006.pdf and http://www.musictherapy.org/assets/1/7/MT_Young_Children_2006.pdf and <http://allegrocsa.org/new/programs/music-therapy>.

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Allegro Community School of the Arts

Our goals are to serve you – and with you, to serve the community. We are a non-profit art school squarely focused on giving back to our community and bringing the arts to life within Fauquier, Prince William, Culpeper and Rappahannock counties. We want to increase art appreciation and participation within our community, and within our families! Through education, performance, and community partnerships, we develop the “whole artist.” Over the years, we have moved three times (now in the heart of downtown Warrenton), and our Board and staff have quadrupled in size. We have brought in theatre professionals and visual arts expertise to expand our offerings to include music, theatre, visual arts, and soon media arts. We run classes daily and host performances year-round. We offer classes to early childhood through the aging – art is for everyone! We have grown and partnered and improved into a solid, reputable local non-profit (we were recognized in 2015 by both the Fauquier Chamber of Commerce and the Greater Warrenton Chamber of Commerce as a nominee for Non-Profit of the Year.) Today, Allegro is the training ground for some of the Piedmont’s most talented artists. Here at Allegro, actors, singers, instrumentalists, and visual artists are taught to reach their artistic capacity, and how to further evolve as an artist beyond the walls of our music school. And as a school, we give back to the community. As a non-profit, this is our mission. www.allegrocsa.org