



SOUNDPATH

R E C O V E R Y

Music.Hope.Life



client goals.

Soundpath Recovery is where clients get rid of the broken record of addiction and leave it all behind in song. Here, clients have a safe space to release their emotions, connect with themselves and others, and share their struggles and triumphs over addiction. Whether a client is a seasoned musician or a novice, everyone leaves Soundpath Recovery a songwriter. Once clients record their own song, they leave with the proof they can create, express and enjoy the benefits of sobriety.

During group sessions, clients learn how to channel their creativity and self-expression free from judgment and expectations. By using musical exercises to drive discussions, clients learn how to create healthy relationships with themselves, others and music. Clients learn how to strike a healthy balance in recovery through creativity and spark a passion for life.



THE SOUNDPATH PROGRAM.

In group sessions, clients learn how to channel their creativity and self-expression free from judgement and expectations. By using musical exercises to drive discussions, clients learn to create healthy relationships with themselves, others, and music. Clients learn how to build a healthy balance in recovery through creativity and connecting with a passion for life.

OBJECTIVE 1:

CONNECT WITH THE COMMUNITY

Clients are empowered to connect with the community, in a safe place to express, grow, and heal. Terry and Sergio work with clients, along with their primary therapist, to integrate Soundpath directly into the client's treatment plan.

Week 1:

- Introduction to Soundpath clients and staff.
- Groups encouraging client to share, and express themselves, along with musician/artist case studies and coping skills exercises.
- Drum Circle
- Talent Show
- Participation in all areas of treatment is required to join Soundpath.

OBJECTIVE 2:

DISCOVER AREAS OF GROWTH

Clients learn how to identify and address their struggles. They receive continued support from their therapist and are encouraged to discover both their strengths and weaknesses and learn how to apply this knowledge toward their recovery.

Week 2:

- Groups will challenge clients to express their feelings, and emotions through creativity.
- Individualized groups who meet with Soundpath staff to support each client's talent and direction.
- Creative writing groups are held based on clinical progress.
- Studio Time - writing, and collaborating on a song to be recorded.
- Drum Circle
- Talent Show

OBJECTIVE 3:

GROW FROM COURAGE & ACCOUNTABILITY

We provide clients a safe space to work with their feelings and emotions. Soundpath encourages clients to utilize creativity as a tool to enhance their treatment experience and effectively manage anxiety and stress. Personalized groups, recording studio time, one-on-one interaction with staff and sharing their work with the rest of the community, will challenge clients and help them to uncover their hidden talents and abilities.

Week 3:

- Client will share their progress with community.
- Groups will utilize clients' progress to enhance their connection with themselves and others.
- Studio Time - tracking and mixing their own song with help from staff.
- Drum Circle
- Talent Show

OBJECTIVE 4:

CREATE A PLAN FOR CONTINUED HEALING

Soundpath teaches clients to utilize music in healthy and adaptive ways. Clients leave treatment with the necessary skills to cope with life's challenges while applying creative expression and self-confidence to thrive in their recovery.

Week 4:

- Groups continue to utilize client's progress.
- Studio Time - mixing and finishing their song.
- Client will have a chance to share their progress in groups, community gatherings, and to share hope with community.
- Drum Circle
- Talent Show

benefits of music on the brain.

Music activates all parts of the brain and boosts dopamine, the brain's reward system. Here's how music effects your brain:

- ♦ **Frontal Lobe**
Improves your movement, attention & planning
- ♦ **Limbic System**
Expresses your emotions & boost emotional intelligence
- ♦ **Temporal Lobe**
Improves your speech, words, and create lyrics
- ♦ **Parietal Lobe**
Heightens your sensory info by playing instruments
- ♦ **Occipital Lobe**
Improves your visual memory
- ♦ **Cerebellum**
Improves your timing, rhythm & balance



Client Testimonials

Before Soundpath I didn't even know I could sing let alone have the thought that my musical abilities could be intertwined with the recovery process. The recording studio itself has nothing but good vibes and is extremely conducive to happiness. The whole process is led by two great men Terry and Sergio. They will push you to find out who you are as a person. The hardest question asked in early recovery is, "who are you?" Thanks to Soundpath Recovery, I (formerly believed to be a lost cause) am so much closer to answering that question.

- Anonymous

"Living the life I lived, I never expected that I would have any talents. I would have never known that I did had I not gotten out of myself and tried something new. It became a positive experience because now I have a new hobby."

- Cameron

"The Healing Power of Music is insane. Making music (in the studio) made me feel higher than any drug. So fulfilling!"

- Rachel F

"For a long time I found my identity in drugs. In recovery I learn new things about myself everyday and Soundpath has been a huge part of that. Thank you Terry for helping me get out of my comfort zone and helping me get some of my light back! "

- Gina R.

"Amazing experience, Serg and Terry had something to do with me sticking it out staying here as well as realizing I can experience music without the limitations of drugs. I thought before that I needed drugs to enhance music but it killed it instead. Soundpath had a major influence on my getting an extension here at Transformations. Music has opened my head to positive things and the music classes, writing, opening up and receiving support from the group were just as, if not more enticing than the recording time itself. Terry and Sergio as men have reached out to me on several inspirational levels."

- Francis C.

"If it wasn't for Soundpath and me being able to record and write music, I would have gone through with leaving treatment early, but talking to Serg and Terry really helped me and I have a new passion for both writing and recovery."

- Matthew M.



SOUNDPATH IS A COMPREHENSIVE MUSIC PROGRAM.

Clients tap into their musicality & creativity as they progress through PHP, IOP and OP.

📞 **Phone** (888) 885-1266

🖱️ **Website** SoundPathRecovery.com

🔊 **SoundCloud** SoundPathRecovery.com/SoundCloud

📘 **Facebook** Facebook.com/SoundpathRecovery



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