

Have you ever considered tapping into your creative self, as a way, to explore and reach to the answers and solutions to your everyday or long-lasting issues and difficulties?

Music Therapy, Guided Imagery and Music (GIM), and Music Breathing (MB), can be your way to work through your challenges and reach to solutions.

Music besides being a social experience, links us with our emotional, spiritual, and inner selves. It can trigger and/or connect us to memories, hidden thoughts, or desires. It can be the anchor that connects our present to our past and our future.

Music Therapy, GIM Therapy and Music Breathing (MB), as holistic therapeutic approaches, when applied by a qualified and trained therapist, can:

- provide us with experiences that involve the same time our body, mind, soul, and spirit.
- help us come to an ease with our past and everything that is holding us back
- lead to the development of self-understanding,
- help us reach our full potential,
- support spiritual insight,
- help us build self-care resources., promote wellness and many more.

DARE.DREAM.DO.

Services Offered

Sort or long-term, supportive, or therapeutic sessions and/or workshops, that can be tailored to any client or audience, in private or in groups.

Sessions can include interactive or receptive experiences and they can be designed to focus on different goals, according on the needs and/or the setting.

More Specifically:

- Individual and/or group Music Therapy, Guided Imagery and Music (GIM) and/or Music Breathing (MB) sessions.
- Seminars and workshops on Music Therapy and Guided Imagery and Music (GIM).
- Corporate workshops and on-site group sessions
- Supportive Groups for Parents and Families of Babies and Kids-at-Risk.
- Creativity Empowerment Groups for Adults.
- Self-Care workshops for Adolescents and Adults
- Creative-Music-Making Groups for children of any age.
- Supportive Groups for Mums and Mums-to-be.

Contact me:

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MusiKing Studio

**Music Therapy
Guided Imagery and Music (GIM), and
Music Breathing (MB) Services**

<https://www.musictherapy-gim.com/>

Who is Music Therapy and Guided Imagery and Music (GIM) for?

Music Therapy, GIM-Therapy and Music Breathing (MB), can be valuable therapeutic tools, not only for people suffering with different mental, physical and/or psycho-emotional conditions, but also for people who:

- experience difficulties handling the pressure of their everyday life,
- people under stress,
- people in crisis,
- people in self-exploration and growth ,
- for people who are seeking help in order to gain insight,
- find relief of the emotional pressure and their symptomatology,
- as self-care

More specifically:



Musiking Studio
MUSIC THERAPY AND
GUIDED IMAGERY AND MUSIC
SERVICES

01. People suffering from Psychiatric conditions, Trauma, Depression, PTSD, Addictions, Chronic illnesses, Cancer and end-of-life therapy, as well as people with stress and burnout situations, anxiety related issues, grief and loss.

People facing family and/or relationship and divorce-related issues; career changes and stages of transitions in life; people experiencing creativity blocks; people working towards building their self-care techniques; people searching for paths of empowerment, personal development and growth.

03. Corporations and businesses, seeking ways to help their employees reduce and let go of workplace stresses; Relax and/or Re-charge and Revitalize; Improve communication; Avoid or work with Burnout; Enhance Personal and Team Creativity and growth; Improve Teamwork and Productivity; Build Problem Solving Techniques; or even help some of them deal with personal issues that can affect the workplace environment.

"Wake up your Creative Self and practice Self-Care"

"I am sure that all of you, all of us, share a common, ground feeling of what we are looking for in life. What we are hoping for, what we need, what we are striving for.

That is being healthy, (both physically and mentally), being happy and content. Being able to live life to its full potential. Be the best version of ourselves. Enjoy every day and be open to the here and now. Have a better control over life. Experience positive relationships. Gain insight and inner peace. I will be happy to help you towards this life goal!!!!

Samara Maria



About

Maria Samara

Music Therapist, MA-SFMT, FAMI, EAMI Accredited GIM Therapist, NICU Trained Music Therapist Music Breathing (MB) Practitioner Music Pedagogue

My name is Maria Samara. I am an English, German and Greek speaking Music Therapist, a GIM-therapist, a NICU trained Music Therapist, a Music Breathing Practitioner, a Music Pedagogue, and a Singer.

I have 23 years of extensive working experience with people of all ages and different populations (psychiatric, abused, addictions, people suffering life threatening illnesses and end-of-life patients, cerebral palsy, developmentally disabled, visually impaired, autistic, Down syndrome, people with Dementia, etc) and in different Medical and Psychiatric settings, in Special Education, Rehabilitation Centres, Homes for the Elderly, as well as in private practice, in New York, Greece and since 2013 in Switzerland where I founded Musiking Studio.

I strongly believe that, all of us, human beings, are born with an innate sensitivity to tone and rhythm and with an innate potential to make and respond to music. We are all musical beings, and, in a way, we all, regardless the age, the emotional or mental state, the education and music knowledge, or any pathology, can make and/or experience music in our own unique way. That is why I believe and trust in the therapeutic power of Music Therapy, GIM and Music Breathing.

I am an accredited Ordinary Member of the Swiss Association for Music Therapy (SFMT), a member of the Association for Music and Imagery (AMI) and a Board Member of the European Association for Music and Imagery (EAMI).

Feel free to visit my web page and/or contact me to find more about my work and groups available.