

## **96: Expressive Arts: Music Therapy, An Interview with Maya Benattar**

Welcome to episode 96 of the Therapy Chat Podcast with host Laura Reagan, LCSW-C. My guest this week is Maya Benattar. Maya is a music psychotherapist, but you might also call her a mindfulness mentor, a creativity coach, or a big fan of slowing down.

Maya helps women who long to experience true clarity and confidence in themselves and their lives, but are held back by anxiety or fear. She supports them in slowing down and exploring their lives creatively so they can make significant changes and discover the strong, confident woman they can be.

She knows from her own life and many years of helping other women that putting yourself first and asking for help can kick up a lot of fear and shame – but she strongly believes that slowing down and looking inside can help you become strong, passionate, sensitive, and brave.

As a trained and experienced therapist she has a Masters degree from NYU and is an NYS licensed psychotherapist), she knows a lot about how to slow down your hectic life, explore your dreams and thoughts through mindfulness, play and more (adults need to play too!), and develop new ways of coping creatively.

### **Resources**

<http://mayabenattar.com>

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