

Alex Dovgala-Carr

Education – Undergraduate degree in Music Therapy at Temple University

Teaching Experience – I have been teaching a variety of instruments and voice since 2012

Instrument(s) – Voice, Piano, Ukulele, Guitar

Interests – When I'm not involved in music, I love hiking, yoga, and looking for the best desserts in town.

Are you Left/Right Handed? Right-handed

Are you an Extrovert or Introvert? I would say I'm an extroverted introvert!

Age Preference – Honestly, I love the unique learning styles of all ages! But I do love teaching ages 3 to 5.

Level Preference – Beginner to Intermediate on all instruments except voice, for which I love teaching all levels.

Favorite Series/Method – Faber and Faber Method (Piano)

Dance/Movement Curriculum – While I do not follow a specific curriculum for dance/movement, it is always interwoven in every student's learning process. As a music therapist, I am very familiar with incorporating as much or as little movement as needed for each student's learning style.

At-Risk Teaching Abilities – As a music therapist, I have extensive experience working with at-risk populations, including 7 months of music therapy work at the Children's Hospital of Philadelphia (serving all units,) music therapy fieldwork at an outpatient psychiatric facility, volunteer music therapy work with community youth centers, and more. I am always humbled to work with students with differing and/or additional needs, as the learning process can provide both new challenges and deeper lessons for the student and the teacher!

A note from your teacher...

I am grateful to be able to offer both lessons and music therapy through Music Staff Studios. In lessons, I prioritize each student's unique strengths and learning style to build a strong foundation of knowledge, practice, and passion for music. I enjoy incorporating songwriting, music theory, musical improvisation, and performance techniques into any lesson. My own experience as a child impacted me so deeply that I became a certified music therapist, and now seek to help private music therapy clients pursue personal health goals including physical, psychosocial, emotional, or developmental needs! I also specialize in adaptive lessons (for special needs,) music classes for babies and toddlers, and private lessons for ages 3 to 5.

About the teacher...

With more than thirteen years of professional training in voice and the aforementioned instruments, Alex has taught lessons and classes for over seven years with students of all ages and abilities! Her recent performance experience includes singing as a soloist and chorister in venues like the White House, Philadelphia's Kimmel Center, and the Mann Music Center with the Philadelphia Orchestra. After a childhood filled with impactful lessons, ensembles, and shows, Alex was motivated to become a certified music therapist through Temple University's four-year undergraduate program. Alex completed her extensive experience in a variety of settings for developmental, psychiatric, and medical populations. In the fall of 2018, Alex moved to Nashville to pursue her singer-songwriter career and continues to be inspired by her current and past work as both a music therapist and an instructor!

