

Lydia Rudd, MT-BC
Music Therapist
Graduate Student at Appalachian State University

Lydia Rudd is a board certified music therapist who graduated with her bachelor's in music therapy in December 2023, and is currently pursuing her master's of music therapy at Appalachian State University. Lydia has worked with a broad range of clientele throughout her practicum undergraduate experience, and completed a 6 month internship in December at Prisma Health Midlands in Columbia, South Carolina. During this internship she led sessions for adults and adolescents in acute psychiatric hospital care, made rounds throughout the hospital to offer services to medical patients, and addressed neurodevelopmental goals with infants with birth complications in the NICU.

Lydia is currently providing clinical services in the Boone, NC area to older adults and adults in in-patient psychiatric care. Her long term goal is working with women and adolescent girls who would benefit from trauma focused music therapy services.