

What is Music Therapy?

Great Beginnings Conference || Fall 2017

Music Therapy is the evidence-based use of purposeful music interventions, provided by a board-certified music therapist, to meet non-musical goals.

These creative and motivating interventions can include *singing, instrument play, movement, listening and improvisation*. Through music, your child will develop important social, communication, cognitive, and physical skills that transfer into daily life.

How might we work on these goals?

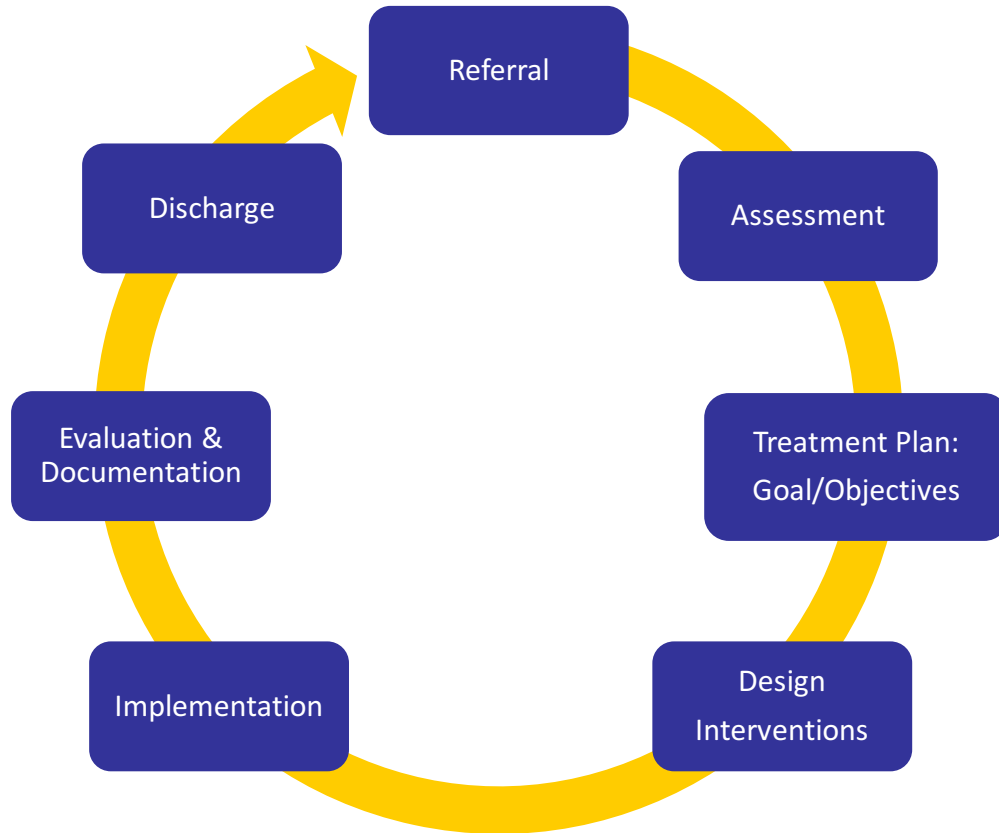
- **Speech and communication** – Singing custom written songs, i.e. “Going to take a **Ride** on a **Rock n Roll** train, **Ride, Ride, Ride** through the wind and the **Rain...**” to isolate speech sounds and get lots of repetition without monotony.
- **Fine and gross motor** – Using traditional and adaptive percussive instruments, like hand drums, to address specific fine and gross motor skills or entraining natural walking with music to improve gait.
- **Academic** – Putting academic or personal information such as a phone number, into a song format so that recall is improved.
- **Social skill development** – Music therapy groups where clients practice greetings, turn taking, eye contact, requesting, self-expression, collaboration, etc., through musical activities.
- **Behavioral** - Creating songs and musical stories about appropriate behavior and reinforcing positive behaviors through musical prompts.
- **Social-Emotional** – Using songs to teach a client how to identify feelings and use coping strategies when they are feeling overwhelmed.
- **Self-Esteem and Quality of Life** – Positive and successful experiences are created through fun and motivating musical experiences.

Contact Information:

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Music Therapy Treatment Process:



Additional Resources & References:

American Music Therapy Association – musictherapy.org

Certification Board for Music Therapist – cbmt.org

The Center for Excellence in Disabilities Music Therapy Services -
<http://musictherapy.cedwvu.org>

The Rhythm Tree Music Therapy - <http://www.therhythmtree.com/about/64-default/78-music-therapy-for-adults-with-developmental-disabilities>