



Music Therapy: Using Tunes Therapeutically Throughout a Lifetime

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Music Therapy Defined

- Music therapy is the prescribed use of music applied by a trained professional for the achievement of goals in psychological, physical, physiological, psycho-social cognitive and emotional goals.



Music Therapy Training

- Bachelor's degree in Music Therapy from AMTA approved school
- Completion of a 6-month internship upon completion of classes
- Certification exam
- Continuing education opportunities



Music Therapy Curriculum

- Music
 - Functional Performance on Guitar and Piano
- Music Therapy
 - Supervised Clinical/Practicum Work within community
- Psychology
- Behavioral and Biological Sciences
- Disabling Conditions
- General Studies



Why *Music* Therapy?

- All humans beings are able to experience music; a “universal language”
- Music exists naturally in many environments and is a socially appropriate leisure skill
- Music is both flexible and structured
- Music is non-threatening and allows for participation at one's own level



Why *Music* Therapy?

- Music inspires physical, emotional and spiritual responses
- Music is adaptable
- Music activities can be designed to reinforce non musical activities or skills
- People with disabilities or illness are not necessarily impaired in their musical skills

MT Experiences

- Music Therapy can be found in many settings:
 - schools, community centers, hospitals, social service agencies
- Clients can experience music therapy in varied ways:
 - Individual 1:1 sessions
 - Group sessions: dyads, triads, large groups

Who are Music Therapy Clients?

- Neonates in Intensive Care
- Children in Early Intervention programs
- Adults and Children with Developmental Delays
- Traumatic Brain Injured Patients
- Oncology Patients
- Well/Healthy Persons
- Older Adults/ Dementia Patients
- Mental Health Patients
- Hospice/Palliative Care Patients
- Stroke Recovery Patients
- Physical and Occupational Therapy Patients
- Labor and Delivery

Music Therapy Interventions

- Music improvisation
- Receptive music listening
- Song writing
- Lyric discussion
- Music Performance
- Learning through music
- Music and Reminiscence
- Music and Movement
- Guided Imagery and Music

Benefits of Music Therapy with Down Syndrome

- Music Therapy can be a natural and non-threatening modality to promote growth and well-being
- Music can be a life long love
 - Leisure
 - Educational
 - Wellness
 - Social
 - Performance

Music Therapy Supports for other Diagnoses

- Music Therapy can address typical outcomes for a variety of disabilities
 - Individualized assessment and treatment plans
- Music Therapy compliments the work being done in other modalities of therapy
- Music Therapy is not a *miracle cure*
 - Individualized nature of treatment plan is key

Music Therapy Goals: Cognitive Skills

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Music Therapy Goals:
Language Skills

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Music Therapy Goals:
Social and Emotional Skills

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Music Therapy Goals:
Sensory Integration

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Music Therapy Goals:
Motor Skills

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Music Therapy and Children with
Down Syndrome

- Stimulating to all senses and engages child on multiple levels
- Music occurs naturally and frequently to children; motivating and rewarding
- Can help to manage stressful situations
- Encourage development of skills across all aspects of life



Music Therapy Delivery Methods for
Children with Down Syndrome

- Music Therapy as a form of Developmental Therapy
 - Early Intervention
- Music Therapy as part of an IEP
 - Early Childhood Education
 - School Age



Music Therapy and Young Adults with Down Syndrome

- Group and Individual Settings
 - Private Services
 - Group homes and workshops
 - Community Groups
- Offer opportunities for
 - Life skills development
 - Self-expression and communication
 - Leisure skills
 - Social skills
 - Exercise and wellness



Music Therapy and Older Adults with Down Syndrome

- Group and individual settings
 - Private services
 - Group homes, workshops and long term care facilities
 - Community groups
- Offers support to both clients and families
- Highly Individualized



Music Therapy and Older Adults

- Highlights of Research
 - MT can reduce depression
 - MT can enhance social/emotional responses and aid in recall and language
 - MT can reduce frequency of agitation or aggression
 - MT can offer increased interaction and engagement with peers and family when otherwise difficult