



MUSIC THERAPY

Music Therapy can be a rewarding and rich experience as part of a comprehensive treatment plan that we offer at CI. Many families that are already receiving services from CI seek out Music Therapy in addition to their current services.

Music Therapy is the *clinical and evidence-based* application of music interventions to accomplish non-musical goals within a therapeutic relationship by a Board Certified professional. To obtain Board-Certification a Music Therapist must first successfully complete an approved bachelor of Music Therapy degree program, a 6-month internship and Board Certification exam.

What Does A Typical Music Therapy Session Look Like?

Music Therapists use a variety of active music making experiences such as ***singing, dancing, song imitation, instrument play, song-writing and analysis.***

Music Therapy can be a group experience or individual, and each session is *structured around the non-musical therapeutic goals of the patient.* Typical music therapy sessions are 30-60 minutes in length depending upon the age and functioning level of the patient.

Common Music Therapy Outcomes

- Improvements in communication skills, such as expressive and receptive language, initiation of conversation, spontaneous language, and pre-learning skills (e.g., turn-taking)
- Improvements in motor function such as balance, spatial awareness, bilateral coordination, grasping objects, and sequencing movements
- Improvements in emotional and behavioral skills such as sustained attention to task, eye contact, expression of emotions, participation and compliance
- Improvements in cognitive functions such as sustained attention/divided attention to task, processing of multi-step directives, mastering of educational concepts (e.g., letters, colors, shapes, or symbols)

Is Music Therapy A Good Fit For My Child?

- Child easily learn words to song but has deficits in verbal communications
- Spends time singing, humming or vocalizing to self
- Has limited joint-attention skills and/or poor imitation of peers
- More animated or engaged when involved in music activities
- Struggles with meaningful interaction with those around him/her