

# Music Therapy and Autism Spectrum Disorder



## What is Music Therapy?

The specialized use of music by a credentialed professional who develops individualized treatment and supportive interventions for people of all ages and ability levels to address their social, communication, emotional, physical, cognitive, sensory and spiritual needs. (CBMT.org, 2011)

*"Enabling individuals to participate in some way at their own level of competence, a music experience challenges growth through developmental stages using a success-oriented medium."*

*-Suzanne B. Hanser*

## Goals Areas Addressed:

- Cognitive: academic goals, sustained attention, on-task behaviors, develop impulse control
- Social: non-verbal communication, verbal communication, activities of daily living, leisure skills development
- Emotional: emotional regulation, developing coping skills
- Physical: fine and/or gross motor development, bilateral coordination



## Sample Interventions:

- Instrument Play
- Vocal Play
- Creation of Musical Mnemonic Devices
- Songwriting
- Movement to Music
- Singing
- Breathing Exercises
- Musical Games
- Finger Play