Music Therapy

Research has shown that music therapy can help build capacity in multiple ways. Music activates many areas of the brain and has been found to positively affect brain development, learning, and functioning. These functions include attention, listening, speech production, emotions, motor skills, memory, coordination, and

decision-making.

PHYSICAL

- Gross & fine motor skills
- Coordination of own body
- Increasing physical independence

SENSORY PROCESSING

- Auditory, visual, tactile, vestibular systems
- Sensory motor development
- Integration of sensory systems

SENSORY PROCESSING

PHYSICAL COGNITIVE

REGULATION SKILLS

- Emotional regulation
- Mood & identification of feeling
- Sensory regulation

REGULATION SKILLS

MUSIC THERAPY CAN BUILD CAPACITY IN THESE AREAS

SPEECH & COMMUNICATION

COGNITIVE

- Learning & developing cognitive concepts
- Auditory processing, visual processing, planning, problem solving, decision making
- Attention, sequencing, following instructions, improving memory

CREATIVE EXPRESSION

- Creativity, spontaneity
- Self-expression
- Developing confidence

SPEECH & COMMUNICATION

- Expressive development of sound words and sentences
- Receptive joint attention, concentration
- Improving speech sound articulation

MENTAL HEALTH & WELLBEING

MENTAL HEALTH & WELLBEING

- Reduce anxiety and stress
- Regulate moods and energy levels
- Increase motivation
- Assists with alleviating symptoms of mental health diagnoses

SOCIAL SKILLS

CREATIVE

EXPRESSION

SOCIAL SKILLS

- Play skills: turn-taking, sharing, waiting, choice making, following, listening
- Reciprocal interaction/joint engagement
- Working positively in a group setting/teamwork
- increasing independence
- Developing flexibility

