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Music Academy
for Special Learners

What is Music Therapy?

Music Therapy is a research-based clinical field based on the therapeutic power of music and music making and its application by a Licensed professional. Music therapy can be used to address and treat emotional, cognitive, physical, psychological, behavioral, communicative, or social needs for children and adults with disorders, disabilities, or illness. Music therapy can help promote wellness, reduce pain and anxiety, and help individuals reach non-musical goals. Each individual enrolled in music therapy is treated by a licensed professional and will have an individualized treatment plan tailored to meet their interests, goal areas, and needs. All content of sessions, case notes, and correspondence about your child and their therapy will be kept strictly confidential.

Music Therapy is the use of music and music-based activities to address non-musical goals, such as:

- ♫ Fine and Gross motor movement/planning
- ♫ Sequencing tasks
- ♫ Attention to task
- ♫ Social skills
- ♫ Functional relationship building skills
- ♫ Functional communication skills
- ♫ Participation
- ♫ Peer relations

Individual Music Therapy Sessions:

Weekly one-on-one or peer group music therapy sessions are available upon request. Included in these sessions will be an initial music therapy assessment, an individualized therapy plan with goals and objectives, and quarterly progress reports. If your child receives special education services through your school district and they have approved music therapy as a service, please have the district contact our office at Music School, Inc.

Group Classes:

Get Up and Go! A movement to music class that focuses on increasing gross and fine motor movements, coordination, and participation. Activities will include movement and dance to music, movement songs, and rhythmic drumming and playing. To add a sense of familiarity and to build upon skills developed from one class to the next, several of the beginning activities will remain constant through the 10 weeks of class, with each week building upon the previous week. At the end of each session, there will be free time for movement, dancing and playing instruments

Speak and Sing: A weekly class designed to work on improving speech. Students will use a mirror for some activities to facilitate freedom of expression and trying of oral motor mouth movements. To encourage familiarity and for the students to learn words, phrases, or sounds for each song or activity, many songs and activities will be used every session- this will encourage participation and trying of new sounds, words and phrases.

Siblings Class: This is a weekly class for children with disabilities and their siblings to promote relationship skill building and enjoyment in music making, as well as learning functional social skills. Activities will include movement to music, instrument playing, drum circles, song writing, and improvisation. The last 5 minutes will be a free dance/play time for the students to explore movements and instruments they would like to play. Class will be limited to a maximum of 12.

Family Class: A class designed to bring together families with children with disabilities in the making of music. Activities will include instrument playing, improvisation, and song writing, with each week focusing on a different aspect of music making and musical enjoyment.