## **Music Therapy in Special Education**



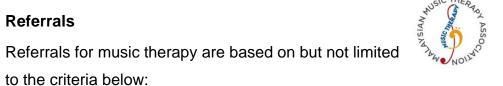
Music therapy in special education is an effective approach for addressing areas of development that are challenging for children with special needs. Music therapy differs from music teaching/education in its emphasis on using music for individualized goals such as emotional and personal growth, rather than as a cognitive skillset to be learned and practised. Therapeutic interventions include improvisation, instrument playing, singing, music movement, listening, creating or composing and so on.







## Referrals



- to develop emotional regulation skills
- to develop psychosocial skills
- to develop motor skills
- to develop cognitive / communication skills
- to stimulate self-motivation and attention
- to decrease frustration, agitation and challenging behaviours Music therapists can also serve as consultants for music teachers, choir directors, and/or band directors to include music in their curriculum and/or special education students in their classes.