



# MUSIC THERAPY AT SARGENT

**An Overview for Parents, Caregivers, and Families**

April 2024



# Sargent: Focus Areas

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Neurological

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Motor/Sensory

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Communication

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Social/Emotional

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Academic/Cognitive

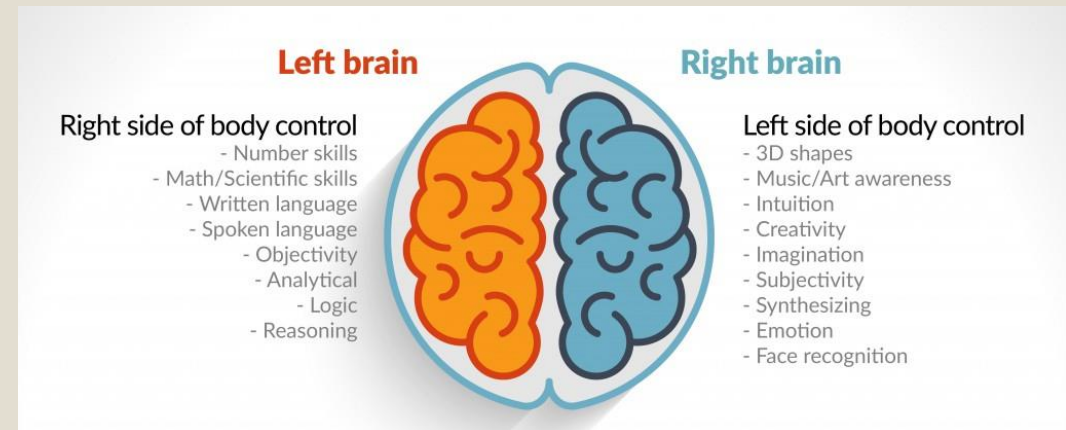
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Psychological



# Music and the Brain

- Development
  - Babies' hearing develops in utero
  - Parental bonding/attachment
  - Language
- Neuroplasticity
  - The ability of the brain to form and reorganize synaptic connections, especially in response to learning
  - Music increases blood flow to left side of the brain
  - Pattern perception
- Music can provide a consistent and predictable setting while also encouraging flexibility and self-exploration
- Music + body = better brain organization



# Music Therapy Four Ways

Play

- Improvisational

Copy

- Recreative

Create

- Compositional

Listen

- Receptive



## **\*Examples\***

*Music therapy goals will look different for every age, individual, and circumstance*

### 0-6 year olds

- Motor coordination: using whole body as instrument, coordinating different mallets on instruments
- Receptive language: following directions within songs, imitation, call and response
- Expressive language: requesting verbally, choice making by pointing to pictures or incorporating AAC devices

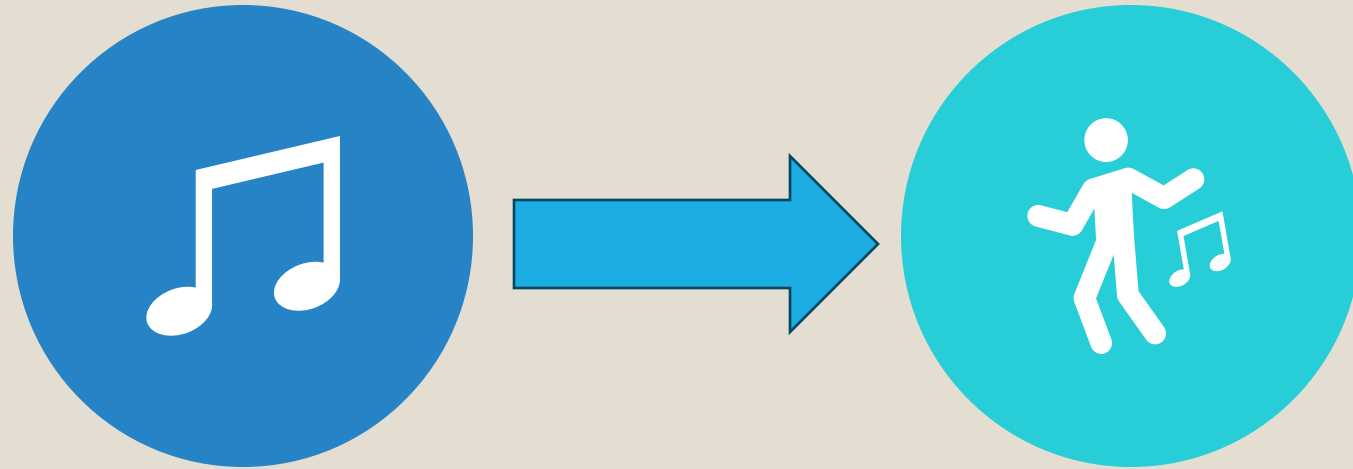
### 6-12 year olds

- Emotional Regulation: Musical play, improvisation, and composition for self-expression.
- Concentration: Sequencing activities, copy-that-rhythm
- Social Skills: Combined music-and-art activities with peers for emotional exploration and peer interaction.

### 12-18 year olds

- Regulation: Creation of specific, targeted musical playlists for client to listen to between sessions for focus, concentration, and mood elevation.
- Self-esteem: Group lyrical analysis/discussion of client preferred song.
- Social skills: Group collaboration on song-writing, beat-making, and recording with technology

# GOAL DIRECTED: WHOLE PERSON



**CONSIDER GOAL AREAS, AND HOW  
MUSIC ACTIVITIES CAN SUPPORT THEM**

**SKILLS AND STRATEGIES LEARNED IN MUSIC  
THERAPY SHOULD BE GENERALIZABLE TO  
OTHER FUNCTIONAL AREAS OF LIFE**



# Music therapy sessions

Observation  
and Attunement

Co-created and  
Relational

Structure and  
Freedom

Repetitions and  
Variations

Group and/or  
Individual

Directive and  
Responsive

Goal-directed and  
playful

Sensory/Organizing



# Music Therapy-Informed Activities for Families

Transition  
music

Music  
creation

Song  
sharing

Playlist  
creation

Music and  
Art

Music  
Listening

Movement

Breath and  
Body work





# You'll find music therapists at:

community centers

hospitals (NICU, neurology, oncology, psychiatric, etc.)

mental health centers

memory care

hospice

rehab facilities

substance use treatment centers

correctional facilities

schools

therapy centers

private practice



Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program (AMTA, 2005).

*It's also...*

Client-centered, goal-directed, trauma-informed, and strengths-based, and designed in partnership with clients, families, and support teams.

[https://www.musictherapy.org/assets/1/7/MT\\_Autism\\_2012.pdf](https://www.musictherapy.org/assets/1/7/MT_Autism_2012.pdf)

*Questions?*

**Contact Kate Sargent, Libby Randall, or Shannon Harper-Bison**

# American Music Therapy Association Definition

