

# MUSIC THERAPY

FOR ADULTS WITH INTELLECTUAL DISABILITIES  
AND/OR DEVELOPMENTAL DISABILITIES



## WHAT IS MUSIC THERAPY?

Music therapy is an established health profession using clinical and evidence-based music interventions to accomplish individuals goals (physical, cognitive, social, emotional, and communication needs) within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program (AMTA, 2019)

## WHO CAN BENEFIT FROM MUSIC THERAPY?

### INDIVIDUALS WITH...

Autism | Aspergers | Cerebral Palsy | Developmental Disabilities | Down Syndrome  
PTSD | Intellectual Disabilities | Trauma | Visual Impairment | Williams Syndrome | And more!



### GOALS

#### - DECREASE

Agitation  
Anxiety  
Confusion/Distress  
Impulsivity  
Inattentiveness  
Isolation  
Pain/Pain Perception

#### + INCREASE

Communication  
Control/Choices  
Emotional stability  
Sensory Regulation  
Socialization  
Strength  
And more!

### DID YOU KNOW?



#### A Board-Certified Music Therapist (MT-BC) has ...

- Earned a minimum of a bachelor's degree in music therapy specifically.
- Completed 1,200 hours of supervised clinical training (typically a six month, full time internship).
- Passed the national board certification exam following internship.
- Is required to re-certify every 5 years to practice

## WHAT DOES A SESSION LOOK LIKE?

Your board-certified music therapist will **collaborate** with the client, interdisciplinary care team, and caregiver(s) to determine the specific needs music therapy can address. Using information gathered from this **referral** and an **assessment**, the music therapist will develop **measurable goals and objectives** for the individual. Based on set goals, the music therapist will implement **music-based interventions** (often live) in a **one-to-one or small-group setting**. Rhythm is a strong component to sessions and interaction is encouraged. Absolutely no musical skill or background is needed to be successful in a music therapy session.

## CONNECT WITH US TO LEARN MORE!

[WWW.MUSICSPEAKSTHERAPY.COM](http://WWW.MUSICSPEAKSTHERAPY.COM)

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