

Frequently Asked Questions: Intellectual & Developmental Disabilities

What is Music Therapy?

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. (*American Music Therapy Association Definition, 2005*)



Goals Outcomes

When treatment is recommended, goal areas may address:

- Improve academic skills
 - Improve communication
 - Developing social skills
 - Emotional skill development
 - Leisure skills development
 - Support daily living skills
 - Improve gross/fine motor skills
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Research

Music therapy enhanced the reading skills of pupils with intellectual disability and should be adopted in teaching pupils with intellectual disability (Jacob, 2021)

It was found that music therapy had an effect on fundamental qualities of speech development and resulted in significant improvements in phonological memory and the children's understanding of sentences (Wibke, 2010)

Enrollment Process

Completion of a [Music Therapy Intake Form](#) begins the referral process.

Service Options: Individual and Group Sessions, Community Events & Summer Camps

CONTACT

Phone: 803-206-2044

Online: www.piedmontmusictherapy.com

