

| m | t Frequently Asked Questions: Special Education



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](#))

Music Therapy is a Related Service

The Individuals with Disabilities Education Act (IDEA) indicates that music therapy is a related service for students with special needs. The first step is to make a formal request for a music therapy assessment to the Individualized Education Plan (IEP) team.

Therapeutic Outcomes

- Increased attention
- Improved behavior
- Decreased self-stimulation
- Enhanced auditory processing
- Improved cognitive functioning
- Decreased agitation
- Increased socialization
- Improved receptive/expressive language
- Successful and safe self-expression
- Enhanced sensory-motor skill

Intake & Assessment Process

Upon completion of an [Intake Form](#), a Board Certified Music Therapist is available to conduct a comprehensive music therapy assessment to evaluate musical and non-musical skills and present findings in a written report.

Service Options: Music Therapy Individual or Group Treatment & Lessons

CONTACT

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