

3. Sensory Goals

- ✓ Decrease sensory hypersensitivity
- ✓ Pain management
- ✓ Improve body and spatial awareness



4. Psychological / Emotional Goals

- ✓ Increase emotional awareness
- ✓ Develop personal insight
- ✓ Elevate mood
- ✓ Increase relaxation and stress reduction
- ✓ Improve self-esteem
- ✓ Develop healthy coping skills



5. Social Goals

- ✓ Establish relationships
- ✓ Increase joint attention
- ✓ Increase response to verbal and nonverbal cues
- ✓ Improve group behaviors (sharing, turn-taking, working in a group)
- ✓ Promote group cohesion



6. Communication/Speech Goals

- ✓ Receptive and expressive language skill
- ✓ Facilitate speech production
- ✓ Increase fluency
- ✓ Non-verbal expression of emotion



MALAYSIAN MUSIC THERAPY ASSOCIATION

For more info, please visit:

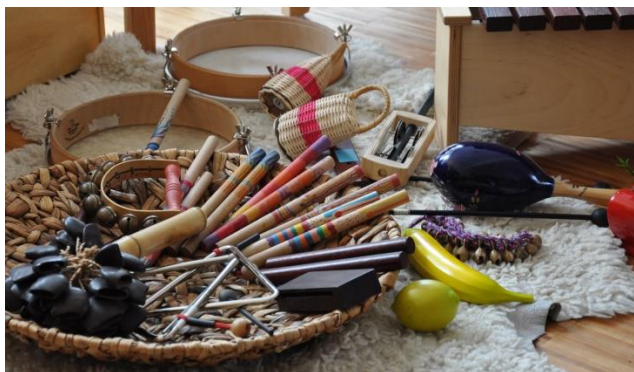
 www.mmta.org.my

 Music Therapy in Malaysia

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The Malaysian Music Therapy Association (MMTA) is the official resource and main body governing all matters relating to music therapy in Malaysia. This includes:

- fostering awareness of music therapy
- raising the profile of music therapy
- interpreting and advocating for services of the profession to other professional disciplines
- serving as a regulatory body for music therapists in Malaysia including their rights, qualification, certification and professional development.



What is Music Therapy?

Music Therapy is the clinical, reflexive, and research-based use of music interventions by a credentialed/licensed music therapist to realize individualized goals through musical and professional therapeutic relationship.



Our professional members serve in:

- ❖ Early intervention
- ❖ Special education
- ❖ Mental health & psychological well-being
- ❖ Medical settings
- ❖ Hospice, palliative care & bereavement
- ❖ Geriatrics & dementia care
- ❖ Neurological rehabilitation
- ❖ Corrective facilities
- ❖ Community programs



Here are some of the goals that we work with our clients:

1. Cognitive Goals

- ✓ Learning perception, recognition, discrimination, sequencing, memory
- ✓ Increase attention to task
- ✓ Improve environmental awareness
- ✓ Provide sensory stimulation / integration experiences

2. Motor Development Goals

- ✓ Movement, range of motion, coordination, gross motor skills, fine motor skills, and balance
- ✓ Improve general stamina & endurance
- ✓ Improve muscle strength