

Music Therapy in Special Education



Music therapy in special education is an effective approach for addressing areas of development that are challenging for children with special needs. Music therapy differs from music teaching/education in its emphasis on using music for individualized goals such as emotional and personal growth, rather than as a cognitive skill-set to be learned and practised. Therapeutic interventions include improvisation, instrument playing, singing, music movement, listening, creating or composing and so on.



www.mmta.org.my



Music Therapy in Malaysia



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Referrals

Referrals for music therapy are based on but not limited to the criteria below:

- ❖ to develop emotional regulation skills
- ❖ to develop psychosocial skills
- ❖ to develop motor skills
- ❖ to develop cognitive / communication skills
- ❖ to stimulate self-motivation and attention
- ❖ to decrease frustration, agitation and challenging behaviours

Music therapists can also serve as consultants for music teachers, choir directors, and/or band directors to include music in their curriculum and/or special education students in their classes.

