

# MUSIC THERAPY

Research has shown that music therapy can help build capacity in multiple ways. Music activates many areas of the brain and has been found to positively affect brain development, learning and functioning. These functions include: attention, listening, speech production, emotions, motor skills, memory, coordination and decision-making.



## PHYSICAL

- Gross & fine motor skills
- Coordination of own body
- Increasing physical independence

## SENSORY PROCESSING

- Auditory, visual, tactile, vestibular systems
- Sensory motor development
- Integration of sensory systems

## COGNITIVE

- Learning & developing cognitive concepts
- Auditory processing, visual processing, planning, problem solving, decision making
- Attention, sequencing, following instructions, improving memory

## REGULATION SKILLS

- Emotional regulation
- Mood & identification of feelings
- Sensory regulation

## SPEECH & COMMUNICATION

- Expressive - development of sounds, words and sentences
- Receptive – joint attention, concentration
- Improving speech sound articulation

## MENTAL HEALTH & WELLBEING

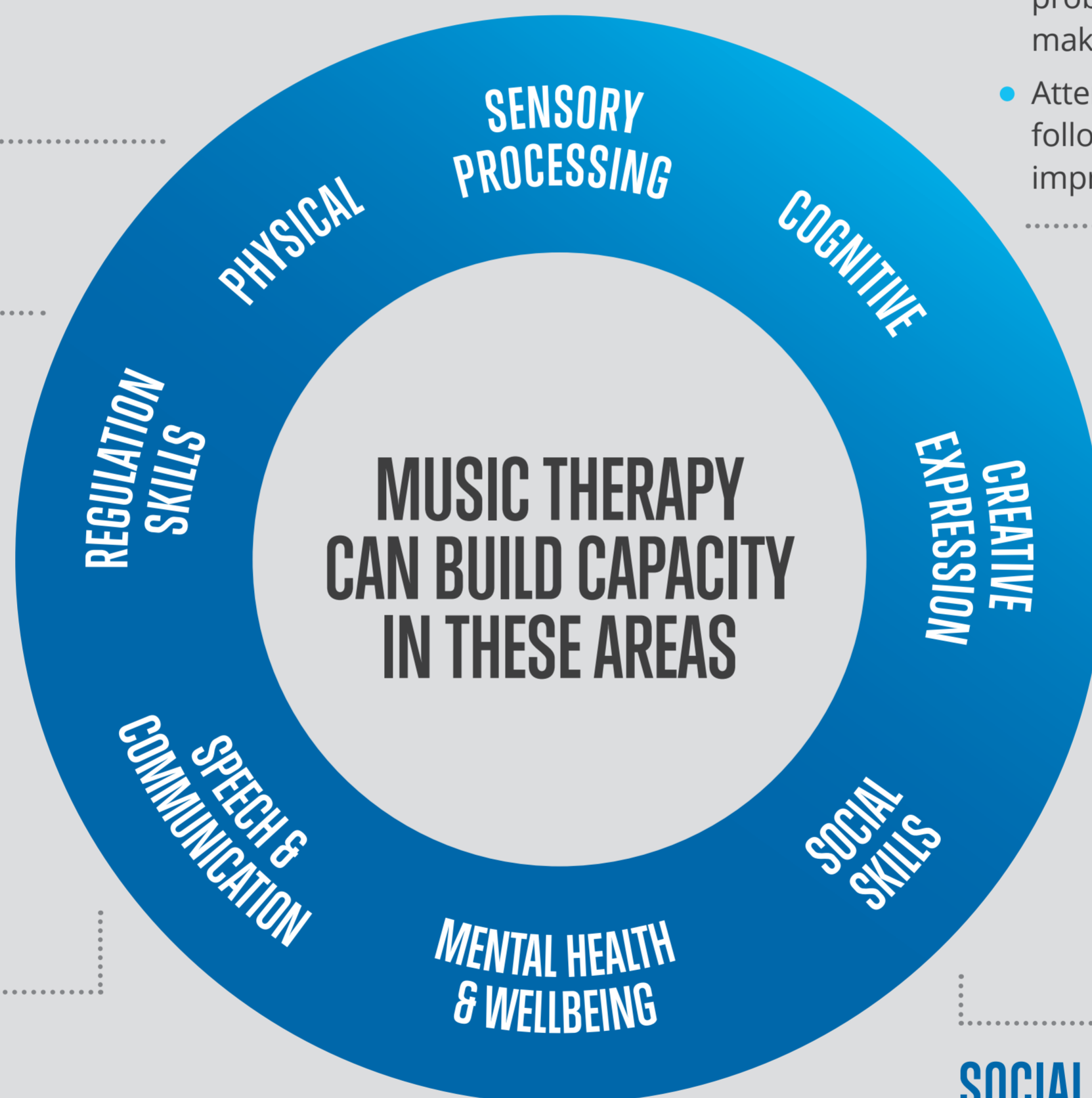
- Reduce anxiety and stress
- Regulate moods and energy levels
- Increase motivation
- Assists with alleviating symptoms of mental health diagnoses

## SOCIAL SKILLS

- Play skills - turn taking, sharing, waiting, choice making, following, listening
- Reciprocal interaction/joint engagement
- Working positively in a group setting/team work
- Increasing independence
- Developing flexibility

## CREATIVE EXPRESSION

- Creativity, spontaneity
- Self expression
- Developing confidence



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