

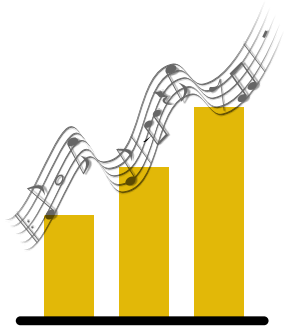
MUSIC THERAPY & ADHD

Music interventions provide unique ways for people with ADHD to learn and practice developmental, behavioral, educational, and other life skills where traditional approaches may fall short.

WHY MUSIC THERAPY WORKS

Over 60 years of research has established connections between music and attention, instrument playing and problem solving, and rhythm and impulsivity. Research conclusively demonstrates that facilitated music interventions improve attention and on-task behavior while reducing impulsivity to optimize clients' ability to focus and interact.

In practice, music therapy addresses goals across developmental domains including communication, social, motor, and cognitive domains. It also allows clients to increase emotional awareness, emotional regulation, and build community and team work.

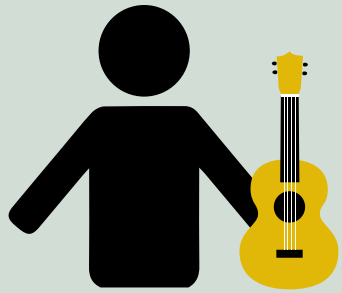


MUSIC THERAPY EXAMPLE

An 8 year old with ADHD is referred to music therapy to reduce impulsivity and increase attention to challenging tasks. The music therapist introduces a "my turn, your turn" game on the drum set. They asked the child to copy simple rhythms with their hands and with the foot pedals on the bass drum and cymbals using all four limbs to create a simple rock beat.

Rhythmic activities are an effective form of music therapy for children with ADHD because they tap into the brain's natural tendencies to respond to rhythm. When children engage in drumming or percussion instruments, they have to coordinate their movements and maintain a steady beat, which improves their sense of timing, coordination, focus, self-control, and overall mood.

WHY A MUSIC THERAPIST



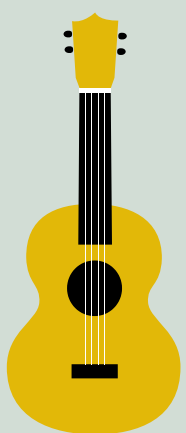
Music therapists have collegiate-level training on piano, voice, guitar, and percussion and must pass a national exam after completing a Bachelor's degree and supervised internship.

Qualified music therapists have been providing music therapy to literally thousands of people in nearly every state in group and one-on-one settings.

GETTING STARTED

People with ADHD can be referred to music therapy by a family member or member of the individual's health care or education team.

To begin, the music therapist will conduct a formal assessment, set individualized goals, then facilitate music interventions custom-designed to meet that individual's music preferences and therapy goals.



MUSIC THERAPY IN PRACTICE

To work toward identified goal areas, people with ADHD participate in instrument playing, music and movement, song writing, rhythm activities, and other custom-designed music interventions.

Music therapy sessions can be facilitated in group and individual settings, or even concurrently alongside classroom instruction. Music therapists also consult with parents, teachers, and other members of the the health care team.

FIND A MUSIC THERAPIST

EMAIL US: WAMUSICTHERAPYTF@GMAIL.COM

