

Music Therapy

Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illnesses. Music therapy interventions can be designed to:

- promote wellness
- manage stress
- alleviate pain
- express feelings
- enhance memory
- improve communication
- promote physical rehabilitation.

Research in music therapy supports its effectiveness in a wide variety of healthcare and educational settings.

(American Music Therapy Association)



- ♪ Music education is a positive force in all aspects of a child's life.
- ♪ Young children with developed rhythm skills perform better academically in early school years.
- ♪ The nations top business executives agree that arts education can help better prepare workers for the 21st century.
- ♪ Music training helps under-achievers. Students in music show an elevated attitude and behavior in school.
- ♪ Music involvement can support and stimulate attention and motivation.

Music Academy of
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Music Therapy for Adaptive Music Lessons



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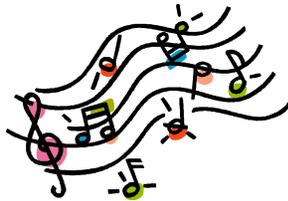
**A Nonprofit
Community
Music
School**

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Music Therapy For Adaptive Music Lessons

Music is a meaningful form of expression for a wide range of individuals at various stages of development. Musical interventions utilized as therapeutic techniques can provide the framework for achieving specific goals.



It is our goal to provide a safe and nurturing environment, individualized to meet the needs of each client. Music therapy sessions facilitate self-expression and increase confidence in social interactions. Music therapy assists in improving difficulties in language development, perceptive and cognitive processing, gross and fine motor skills and adaptive behavioral patterns.

Music therapists receive specialized training to utilize music in a therapeutic manner by completing a baccalaureate or advanced degree program in music therapy. Subsequent national board certification validates a therapist's knowledge and skill.

Adaptive Music Lessons

Many children with special needs show interest in learning music, but are not able to benefit from traditional music lessons. Music therapists at the Music Academy of Eastern Carolina adapt instructional methods based on the individual's strengths and learning style.

Adaptive music lessons are customized music lessons for children and adolescents with special needs. The lesson plans allow each student to explore the elements of music on a variety of instruments including piano, guitar, voice, percussive instruments, and others. Students develop music making skills through improvisation and composition.

Adaptive music lessons individual and may be 30 minutes to one hour, once per week at the Music Academy.



Adaptations may include the following:

- ♪ Color coding for individuals who are not able to read traditional music notation
- ♪ Use of visual aids to structure the lesson and reduce frustration
- ♪ Focus on preferred songs and music genres
- ♪ Incorporate music games, rhythm instruments, movement and singing to maintain attention and maximize learning
- ♪ Individualized instruction to encourage participation with music and maximize feelings of success

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