

The Power of Music - Musical Therapy to Treat Autism

Musical therapy is a relatively new treatment method for autism patients, but one that should not be overlooking when discussing options. Patients who receive musical therapy often should great improvement in temperament and learning skills. Music connects to the non-verbal part of our brains, making it a perfect therapy for disorders in which the patient has trouble communicating, such as autism. Research this innovative treatment method if you are looking for some help with autism and haven't had much luck in the past.

Musical therapy is effective because it can be used in conjunction with learning social skills. Music is a very non-threatening medium for patients, and many games can be played using music to help improve social and behavioral skills. By encouraging eye contact while singing or using instruments that need to get close to the face, musical therapy can help autistic individuals break social barriers.

The number one way that musical therapy can help children, as well as older autistic patients, is by helping with the development of speech skills. Music is a way to connect the verbal and non-verbal functions in the brain. Autistic individuals may have various forms of speech problems. Some can only hum, grunt, or make other non-word noises, while others babble nonsensical phrases or cries. Still others gain the capability to put together phrases and sentences to communicate with the world, although these usually lack emotion. Autistic people are known for monotone voices. However, no matter how skilled the individual is with speech, he or she can participate in musical therapy by clapping rhythms, humming along, or doing simple echoing songs.

Autistic individuals are commonly found to be particularly good at music. Some, for instance, have perfect pitch. Others can play a particular instrument very well, with little instruction. Even if he or she shows no genius musical ability by normal standards, you may find that a particularly hard to deal with autistic person has abilities in music that exceed his or her other abilities. A musical therapist can use music as a way to link this kind of learning with other kinds of learning, not only as speech development and social behavioral development as previously discussed, but also as a way to communicate emotions and develop memory.

By using all of these techniques in conjunction with one another, musical therapy can work wonders with people who are autistic. Trained professionals can use music to teach children and others how to communicate in nonverbal ways, making it easier for patients to learn. Research the musical therapy option to provide you or your child with another choice when treating autism.

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