



# Music Therapy And Autism

TED BROWN MUSIC  
*Outreach*



# Overview

---

**What is Music Therapy?** >

**Why Music Therapy?** >

**How- Music Therapy Goals** >

**Who Can Be An Ideal Music Therapy Candidates?** >

**Legislative Action Update** >

**FAQ** >

---



# **What is Music Therapy?**



## **Music Therapy:**

**an established healthcare profession that uses music within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals**

**American Music Therapy Association (2023)**

**MusicTherapy.org**



# WHY MUSIC THERAPY?

Over 70 years of research has established connections between:

- Rhythm and motor skills
- Music and memory
- Singing and speech

Research conclusively demonstrates that facilitated music inventions foster individuals' abilities in developing/improving their physical, cognitive, psychosocial and behavioral skills.





# Music

## Music Therapist

## Music Therapy

provides sensory stimulation that evokes and regulates motor responses

Facilitates social interaction essential to building relationship

Provides diversion from inactivity, discomfort and daily routine to facilitate treatment adherence

Evokes associations that contribute to an increase in well-being and life quality

Provides opportunities for communication of feelings, needs, and desires

Enhances emotional responses that are integral to learning and change

Provides an enjoyable and nonthreatening means of rehabilitation and recovery

Improve physical and motor functions

Improve speech/ language skills

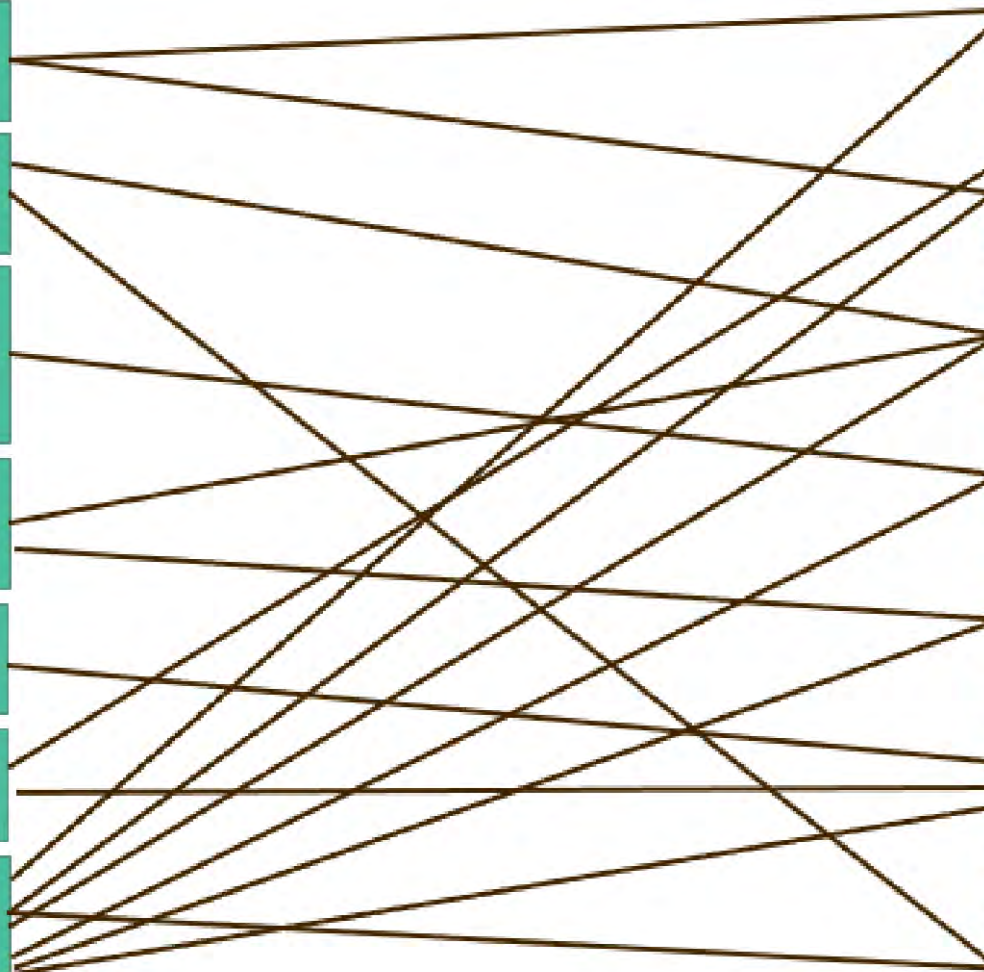
Manage anxiety, depression

Pain management

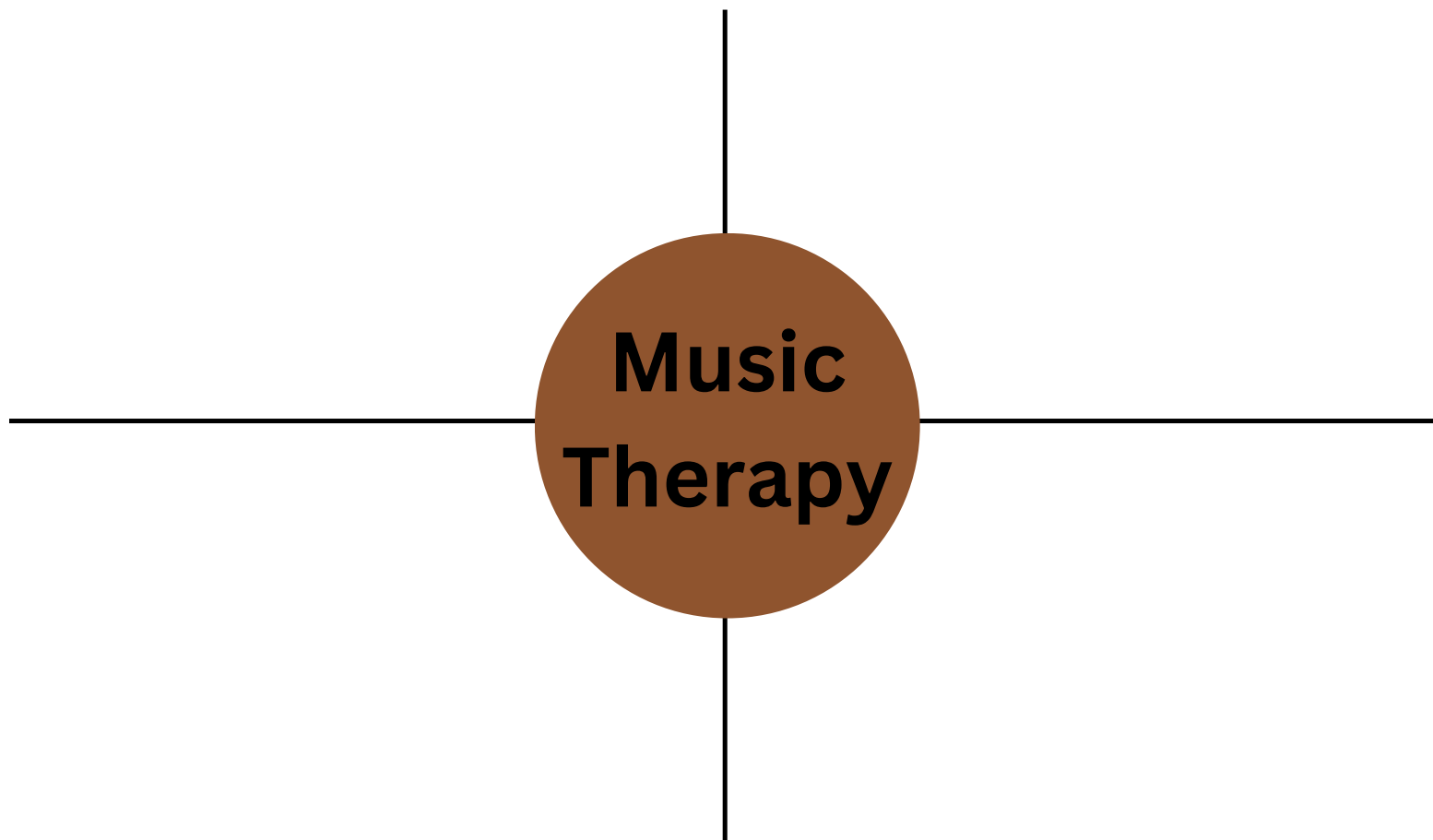
Mood elevation

Facilitate expression of feelings, fears, hope

Increase socialization, acceptance of self







**ind, 2017**





# UNIQUE INTERVENTIONS



**INSTRUMENT PLAYING**



**MUSIC AND MOVEMENT**



**MUSIC LISTENING**



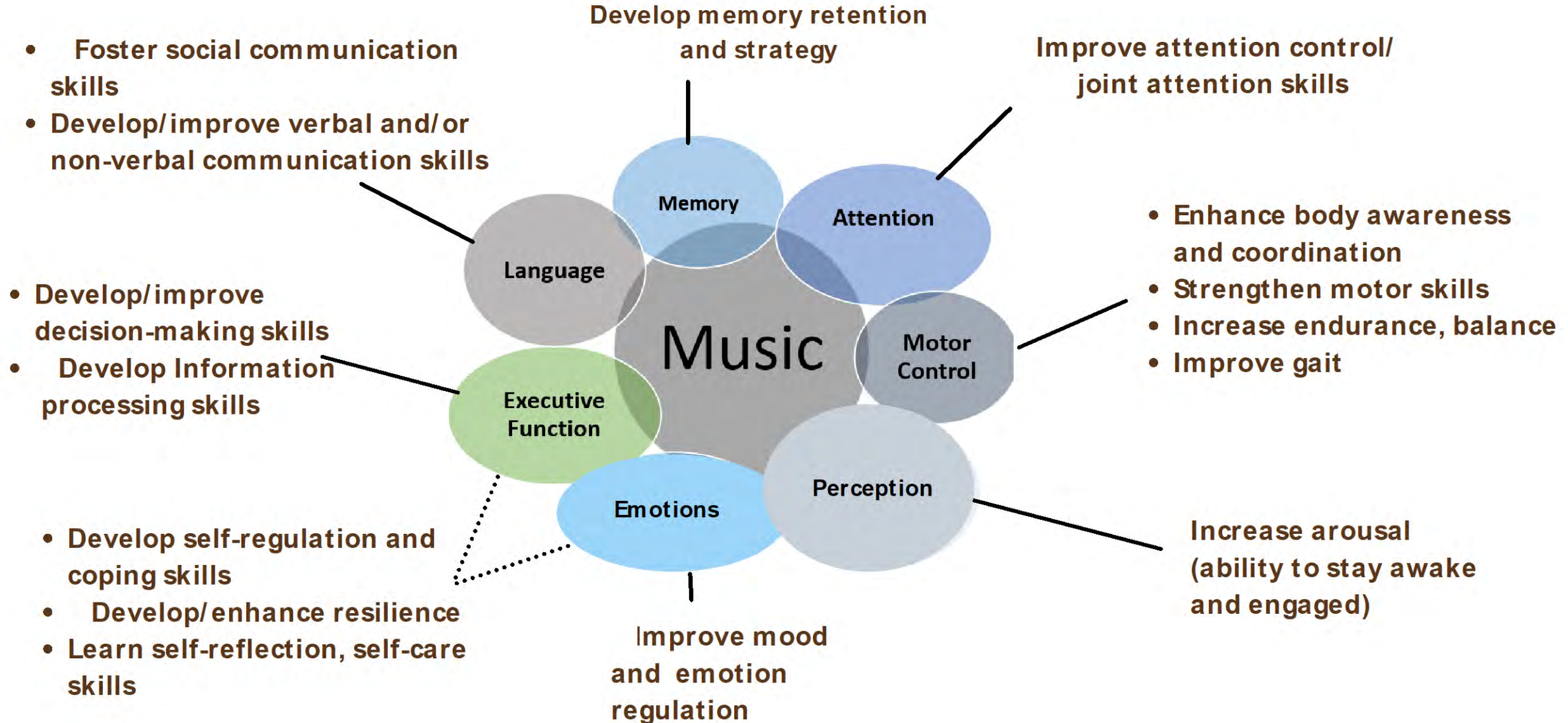
**SONGWRITING**



**OTHER CUSTOM-DESIGNED  
MUSIC INTERVENTIONS**



# Music Therapy Goals Examples









# Legislative Action Update

## Music Therapy State Licensure Advocacy

- SHB 1247, Licensing of Music Therapists passed the Senate floor this Wednesday after 17 years of our persistent effort
- Consumer protection
  - Provide regulatory standards for music therapists
    - Licensed music therapists must be board-certified music therapists (MT-BC)
- Increased access to music therapy





# FAQS



## Q. REFERRAL PROCESS

- Email/Call Us - [musictherapy@tbmoutreach.org](mailto:musictherapy@tbmoutreach.org) | 253.272.3211

## Q. COVERAGE, INSURANCE REIMBURSEMENT, GRANTS

- Private Pay
- DDA CIIBS waiver/PASRR
- DDA Community Respite (groups only)
- DSHS ALTSA COPES Waivers
- Insurance Reimbursement - Out-of-Network provider, Case By Case Basis
- Ben's Fund ([bensfund.org](http://bensfund.org)) - Autism

## Q. HOW TO BECOME A MUSIC THERAPIST?

- [musictherapy.org](http://musictherapy.org) > Education and Careers



# Our Music Therapy-Based Groups



## Sprouting Joy

A CHILDREN'S MUSIC THERAPY GROUP  
FOCUSED ON INCLUSION, BONDING, AND EXPRESSION



For children of all abilities ages 3 to 8  
and their caregivers

**SATURDAYS 11:30AM-12:15PM**  
**AT TED BROWN MUSIC - TACOMA**

\$80/month per child  
(scholarships and siblings discount are available)  
This group is eligible for DDA Respite Coverage

To learn more and register visit  
[tbmoutreach.org/sproutingjoy](http://tbmoutreach.org/sproutingjoy)  
or contact [musictherapy@tbmoutreach.org](mailto:musictherapy@tbmoutreach.org)



## HARMONIC CONNECTIONS

Community Music-Making group for people with  
developmental disabilities and their friends

**Mondays, May 8 - June 12**  
**3:30 - 4:15 pm (for Youth, 9-17)**  
**4:30 - 5:15 pm (for Young Adults, 18+)**



**\$100/5 sessions**

Scholarships are available  
This group is eligible for  
DDA respite coverage

Register/Contact for details at  
[www.tbmoutreach.org/harmonicconnections](http://www.tbmoutreach.org/harmonicconnections)  
[musictherapy@tbmoutreach.org](mailto:musictherapy@tbmoutreach.org)  
253.272.3211

**AT TED BROWN MUSIC - 6228 TACOMA MALL BLVD**



## MUSIC SUPPORTS: TEENS

A Community Music-Making Group for Teens (13-18)

- Collaborative Music-Making
- Gain mindfulness and stress management skills
- Develop connections with one another

**WEDNESDAYS 4:00 - 5:00PM**



Upcoming Sessions:  
April 12 - May 10  
May 17 - June 14

**\$ 60/5-week session**  
scholarships available

**NO MUSICAL  
EXPERIENCE  
NECESSARY  
TO JOIN!**

**AT TED BROWN MUSIC**  
6228 Tacoma Mall Blvd.  
Tacoma, WA 98409

Register at  
[www.tbmoutreach.org/music-supports-teens.html](http://www.tbmoutreach.org/music-supports-teens.html)





# WE ARE HERE FOR YOU!



**[musictherapy@tbmoutreach.org](mailto:musictherapy@tbmoutreach.org)**



**253-272-3211**



**At Ted Brown Music - MT Clinic  
(6228 Tacoma Mall Blvd. Tacoma 98409)**



**[tbmoutreach.org/musictherapy](http://tbmoutreach.org/musictherapy)**





# REFERENCES

- **American Music Therapy Association (AMTA) Website:** [musictherapy.org](https://musictherapy.org)
- **Research by NMT Techniques:** <https://nmtacademy.co/supporting-research-by-technique/>
- **Fact Sheet: Music Therapy and Autism Spectrum Disorder:** [https://www.musictherapy.org/research/music\\_therapy\\_and\\_autism\\_spectrum\\_disorder/](https://www.musictherapy.org/research/music_therapy_and_autism_spectrum_disorder/)
- **Fact Sheet: Music Therapy and Special Education:** [https://www.musictherapy.org/assets/1/7/Music\\_Therapy\\_and\\_Special\\_Education\\_Research\\_Update\\_6-21.pdf](https://www.musictherapy.org/assets/1/7/Music_Therapy_and_Special_Education_Research_Update_6-21.pdf)