



## **What is Music Therapy?**

The [Canadian Association for Music Therapists](#) (CAMT), defines Music Therapy as "a discipline in which credentialed professionals (MTA or Music Therapist Accredited) use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains." (Canadian Association of Music Therapists, June 2016)

Music therapists work in a variety of settings including hospitals, continuing care, psychiatric settings, schools and daycares, rehabilitation facilities, group homes, outpatient clinics, community-based programs, correctional facilities and private practice.

Music therapists assess, evaluate and develop clinical goals in consultation with interdisciplinary support team members.

## **Early Childhood Music Therapy**

Young children experience the world through play. Early Childhood Music Therapy is play-based and child-centred. The music therapist focuses on the child's strengths and needs and adapts the music experience to provide developmentally appropriate programming.

Music therapy activities include singing, playing instruments, movement, musical games, relaxation and listening. Music therapy can address goals in the areas of social interaction, language and communication, fine and gross motor coordination, sensory stimulation, creative self-expression, and academic/life skills.

Music therapists provide individual and group programs for children with emotional and behavioural disorders, communication challenges, developmental disabilities and physical disabilities. Because music is able to reach children of all abilities, inclusive groups can provide successful experiences.

[www.pathwaysmusictherapy.ca](http://www.pathwaysmusictherapy.ca)