



What is Music Therapy?

Music therapy is a discipline in which Certified Music Therapists 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 (www.musictherapy.ca)
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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.

Andrew Ichikawa - February 2023
www.pathwaysmusictherapy.ca