



FAMILY GROUP NIGHT

THE POWER OF MUSIC



SPONSORED BY:



PRESENTED BY SARAH NEWBERRY

OUR RELATIONSHIP WITH MUSIC

How would you describe your relationship with music?

How would you describe the same for your loved one with autism/IDD/etc.?





ABOUT ME

Bachelor's Degree in Music Therapy
from Florida State University

Clinical Internship at Colmery O'Neil VA
Hospital in Topeka, Kansas

Board Certified Music Therapist
from 2010-2020

Mother of twins with autism

What is Music Therapy?

Music Therapy is the clinical & evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

Music therapy interventions can address a variety of healthcare & educational goals....

[Learn more at musictherapy.org](https://musictherapy.org)



What is Music Therapy?

Examples of Music Therapy Goals...

- Promote Wellness
- Manage Stress
- Alleviate Pain
- Express Feelings
- Enhance Memory
- Improve Communication
- Promote Physical Rehabilitation
- and more

[Learn more at musictherapy.org](https://musictherapy.org)



What Music Therapy is NOT

The term music therapy is used freely in social media, news articles and internet articles. Here's some examples of what music therapy is not...

01

A quick “fix”


02

One size
fits all

03

A “Mystery”

1. A quick “fix”



Classical Music for Brain Power | The Mozart Effect Gives You Albert Einstein's Intellig...

MOZART EFFECT

432 HZ

Watch on  YouTube

Copy link

The image is a YouTube video thumbnail. It features a dark green background with a bookshelf. On the left is a portrait of Wolfgang Amadeus Mozart in a red coat. On the right is a portrait of Albert Einstein in a grey coat, pointing to his temple. In the center, a red YouTube play button is overlaid. The text 'MOZART EFFECT' is in large white letters, and '432 HZ' is in large yellow and red letters. At the top, there is a small circular profile picture of a man and a title. At the bottom left, there is a 'Watch on YouTube' button. At the top right, there is a 'Copy link' button.

2. One Size Fits All

TABLE ACTIVITY

Using a post-it at your table, write down a song & artist that you use to help yourself get out of a “funk” (low mood)



SONG TITLE

ARTIST

2. One Size Fits All

TABLE ACTIVITY

Swap your post-it with someone else at your table.



3. A Mystery

Research in Music Therapy with Autism

- Music therapy services for young children with ASD are very effective for improving communication, interpersonal skills, personal responsibility, and play (Whipple, 2012)
- Music therapy interventions may elicit joint attention (Kalas, 2012); enhance auditory processing, other sensory-motor, perceptual/motor, or gross/fine motor skills (LaGasse & Hardy, 2013); and identify and appropriately express emotions (Katagiri, 2009).

3. A Mystery

Research in Music Therapy with Autism

- Music therapy interventions based on family centered practice may increase social engagement in the home environment and community (Thompson, McFerran, & Gold, 2013)
- 8-12 weeks of individual music intervention can indeed improve social communication and functional brain connectivity (Sharda, Megha, 2018)

Music Therapy History & Now

- Formalized post World War I in treatment of Veterans
- 6 US Music Therapy Research Journals to date
- 70+ Approved College MT Programs in the US
- Internationally Recognized; Many US States provide funding

Collaboration in Music Therapy & ABA Therapy

- While ABA therapy focuses on analyzing and modifying behavior through structured approaches, music therapy uses musical experiences to engage children socially and emotionally. Collaboration between ABA and music therapy professionals can enhance treatment outcomes by integrating behavioral techniques with creative, engaging interventions. For example, ABA goals like increasing social interaction can be reinforced during music therapy sessions where children participate in group singing or instrument play, encouraging communication and joint attention.

Moods, Music, and the Isoprinciple

“Meet me where I am,
not where you want me to be.”



- Identify
- Match the music
- Incremental Change

Elements of Music to Consider

01

Familiarity

03

Timbre

05

Memory

02

Rhythm

04

Tempo

03

Volume

and more!

Self Reflection

For the next few minutes, think about your most common “struggle bus” moment.

Write down at least one song or artist for numbers 1-3.

1. Low Mood (Sad, Depressed, Sullen, Numb, Empty, Exhausted)

2. Middle Mood (Stable)

3. High Mood (Anger, Overstimulated, etc.)

This will help inform making your own **Isoprinciple Playlist** in difficult moments when you need to move through an overwhelming feeling

Learn More about Music Therapy

musictherapy.org

[Voices Together](#)

[Global Music Therapy Project](#)

[Isoprincipal Information](#)

Learn more at musictherapy.org





ST GERARD
Center for Autism

Family Group Night is a free community event that aims to create a space for connected community for families on their journey with autism.

Learn more and view other resources at sgforautism.org/familygroupnight