Music Therapy with Autism Spectrum Disorder

Portland Regional Music Workshop February 27, 2016 Nancy Bair, MT-BC

# **RESEARCH:**

Music Therapy with Autism Spectrum Disorders: Review of Research *(SW Ohio Regional Autism Advisory Council)* <http://www.slideshare.net/msincl6415/mt-and-asd-research-presentation>

Coast Music Therapy—great research journal synopsis <http://www.coastmusictherapy.com/how-music-helps/autism-research/>

American Music Therapy Association-MT with ASD research <http://www.musictherapy.org/research/music_therapy_and_autism_spectrum_disorder/>

Music therapy for Autism Spectrum Disorder (a research review) <http://www.ebp-slp.com/pdfs/music-therapy/MusicTherapyandAutism.pdf>

Imagine magazine: Early Childhood Music Therapy (Great resources and reviews of podcasts, journal articles, ideas) <http://imagine.musictherapy.biz/Imagine/home.html>

Imagine Magazine link: <http://issuu.com/ecmt_imagine/docs/imagine_6_1__9-1-2015/11?e=1466273/15155770>

Music Therapy for Autism—go to “In the News” section for updated research articles <http://www.mtforautism.com/>

# **COGNITIVE/ACADEMIC:**

The Learning Stations- YouTube channel <https://www.youtube.com/user/TheLearningStation>

“Move and Freeze” by The Learning Station” <https://www.youtube.com/watch?v=388Q44ReOWE>

Songs for Teaching <http://www.songsforteaching.com/index.html> *(Shapes & My World of Sounds)*

Laurie Berkner (Fruit Salad Salsa and MANY more!) <http://www.laurieberkner.com/index.php> Also on YouTube

Popcorn’s in the Popper- “Energizers” <https://www.youtube.com/watch/?v=Koi-EDhYixA>

Dum Dum song-great for socialization/interaction, attention, eye contact (could be across from each other) <https://www.youtube.com/watch/?v=R12wIYc00UI>

The Rhythm Tree-Ryan Judd, MT-BC YouTube Channel: <https://www.youtube.com/user/TheRhythmTree123> website (sign up for newsletter) <http://www.therhythmtree.com/> Lots of great tips and ideas here.

ISO principle-“meeting the child where they are at” <https://www.youtube.com/watch?v=fv_PcvET6SM> <https://www.youtube.com/watch?v=5WdByCEhC2Y> <https://topangamusictherapy.wordpress.com/tag/iso-principal/>

Zoo Phonics <http://www.zoo-phonics.com/>

Music Therapy Services of Portland, helps children learn letters through music and an Alphabet app (JazzyABCs). Using C min, Fmin, G7 as musical cues <https://www.youtube.com/watch?v=jCMFjspGxJ4>

# **COMMUNICATION:**

Example of how to take a simple melody and change words to teach a concept (this concept is Cloud types) <http://growingbookbybook.com/preschool-songs-im-a-cloud/>

“Verb” and “Adverb” song <http://www.theclassroomkey.com/2015/02/confessions-of-a-teacher-i-sing-cheesy-songs-part-2.html>

Melodic Intonation Therapy Research <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3904283/pdf/fneur-05-00007.pdf>

BOOK AND SONG RECOMMENDATIONS:

The Little Old Lady who wasn’t afraid of Anything by Linda Williams

Inside a Barn in the Country: A Rebus Read-Along Story Paperback by [Alyssa Satin Capucilli](http://www.amazon.com/Alyssa-Satin-Capucilli/e/B001H6O160/ref%3Ddp_byline_cont_book_1)

Brown Bear by Eric Carle

Sandra Boynton books *(Pajama Time, Happy Hippo Angry Duck)*

Great recommendations for Books you can sing with (toddler) <http://teaching2and3yearolds.com/best-books-for-kids-to-sing-with/>

# **SENSORIMOTOR:**

OT website <http://therapystreetforkids.com/>

Crossing Midline-- <http://ilslearningcorner.com/2015-11-why-crossing-the-midline-activities-helped-this-child-listen-to-his-teacher/>

Midline Activities: <http://prekandksharing.blogspot.com/2013/12/tap-it-out-steady-beat-cross-lateral.html>

<http://theinspiredtreehouse.com/developmental-skills-crossing-the-midline/>

Brain Dance by Anne Green Gilbert <https://vimeo.com/40164646> –Movement. crossing midline, tactile sensorimotor

“Move and Freeze” by The Learning Station” <https://www.youtube.com/watch?v=388Q44ReOWE>

Songs for Teaching <http://www.songsforteaching.com/index.html> *(Wiggle and Freeze)*

*“My Hands” “Head Shoulders Knees and Toes” “I’m all Made of Hinges” “Do As I’m Doing”* all found in the LDS children’s songbook: <https://www.lds.org/music/library/childrens-songbook?lang=eng>

Drumming and ASD article <http://nurse-practitioners-and-physician-assistants.advanceweb.com/Features/Articles/Drumming-for-Autism-Therapy.aspx>

# **SOCIAL/EMOTIONAL:**

Calming Strategies from therhythmtree.com <https://www.youtube.com/watch?v=13DiS7cPgX0>

Heartbeat Lullaby CDs <http://www.babygotosleep.com/>

File Folder Song Stories http://www.filefolderheaven.com/autism-tasks/folder-stories

Printable Note Cards <http://www.practicalautismresources.com/printables>

Printable Body parts and colors cards <http://www.educateautism.com/free-materials-and-downloads.html>

Printable Activities of Daily Living cards <http://www.do2learn.com/picturecards/printcards/>

Printable Emotions Chart [www.carsondellosa.com](http://r.search.yahoo.com/_ylt%3DAwrB8o70sc5WZmQAM32jzbkF%3B_ylu%3DX3oDMTBxNG1oMmE2BHNlYwNmcC1hdHRyaWIEc2xrA3J1cmwEaXQD/RV%3D2/RE%3D1456415348/RO%3D11/RU%3Dhttp%3A//www.carsondellosa.com/products/114055__Emotions-Chart-114055/RK%3D0/RS%3DnrY.RJ7DC4MgVKSdMpUjWRjIyAI-)

# **OTHER RESOURCES:**

Imagine Magazine (1) “Parent” Section pg. 90-110 –some GREAT examples (2) Podcasts 2015 pg. 122

<https://issuu.com/ecmt_imagine/docs/imagine_6_1__9-1-2015/13?e=1466273/15155770>

Music Therapy Podcasts recommended by Dr. Petra Kern

<http://www.musictherapy.biz/Dr._Petra_Kern/Podcasts/Podcasts.html>

Music Therapy Outreach through Music Therapy Services Portland <https://www.youtube.com/watch?v=FXlR-IWD_cE>

Find all 10 outreach videos here, as well as other ideas on the “blog” <http://www.rhythmandstrings.com/>

Music Therapy Videos for Kids by Tuned in to Learning <https://www.youtube.com/playlist?list=PLQvR1r_X0ky0n_3OC1WInx2E6NJhNSzWP>

Garage Band App for Apple and Walk the Band app for Andriod

The Music Instinct: Science and Song (Neuroscience and Music Videos) <http://www.pbs.org/wnet/musicinstinct/>

Listen and Learn Music <http://rachelrambach.com/blog/>

Sprouting Melodies Early Childhood Music [www.sproutingmelodies.com](http://www.sproutingmelodies.com)

# **LOCAL RESOURCES:**

Earthtones Music Therapy Services <http://www.earthtonesmusictherapy.com/>

Music Therapy Services of Portland (offering a free monthly MT group for children with ASD, special needs and their families and friends) <http://musictherapyportland.com/>

Milestone Music Therapy <http://milestone-musictherapy.com/>

How to find a music therapist: go to musictherapy.org and click on “find a therapist”

Oregon Association of Music Therapy <http://www.oregonmusictherapy.net/>

Victory Academy-private school for students with ASD. Full time music therapist on staff <http://www.victoryacademy.org/>

Purchase Instruments: westmusic.com; wwbw.com; rhythmband.com

Schools offering Music Therapy Bachelor Degrees:

Marylhurst University <http://www.marylhurst.edu/academics/schools-colleges-departments/art-music-creative-art-therapies/music-programs/bachelor-music-therapy/index.html>

Pacific University <http://www.pacificu.edu/current-undergraduate/academics/majors-minors/music-therapy>