

Music therapy in schools



Information and sample schedule

face the **music**

Music therapy in schools

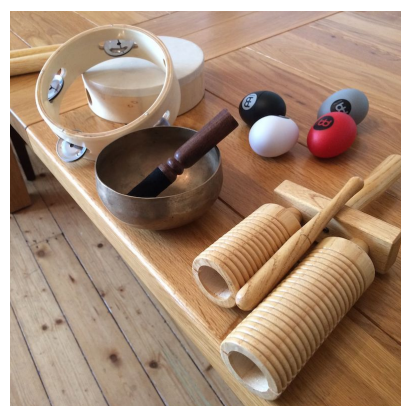
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Music therapy is an established intervention, using music to help people connect, and support and encourage wellbeing. It is available in schools for children who have communication difficulties, autism or a learning disability.

Sessions include a range of music, singing and playing instruments, directed by the children and tailored to their needs. These run weekly for individuals or small groups, lasting 20-30 minutes. A few initial assessment sessions help determine if music therapy may benefit a child, before continuing throughout the school term.

Research with children on the autism spectrum has shown music therapy can help them with:

- social interaction and turn taking ^{1,2,3}
- non-verbal and verbal communication ¹
- joint attention and eye contact ^{2,3}



My name is Ed Muirhead: I'm a music therapist, registered with and regulated by the Health and Care Professions Council, HCPC number AS 16038. Recently I have provided music therapy in special and mainstream schools, working with a number of children who have autism, developmental delay, or profound and multiple learning disabilities.



Music therapy sessions have been well received in school settings, particularly for children who have additional support needs, or those who may struggle to process speech or regulate their responses to others. They have an opportunity to play, express themselves, take turns and creatively explore music and songs.

If you have any questions, please let me know. I'm also happy to arrange a meeting or presentation about music therapy to staff and/or parents.

Ed Muirhead, 07948 504 355, ed@facemusic.co.uk

Sample schedule and timetable



This page illustrates how music therapy could be set up. Referrals and aims are discussed in advance, then during term-time weekly sessions would be provided for individuals or groups of up to three. The times given here are based on recent work, with breaks between each session, and could be adjusted to suit your school. Reports are provided for each child involved.

£40 is the hourly rate, inclusive of travel within Dundee, instruments, VAT, NI, income tax, professional indemnity and public liability insurance.

Offering music therapy for up to eight children, as shown in the sample timetable, the average cost would be £10 per child per week.

Sample schedule			
Stage	Timescale	Notes	Cost
Referral	1-2 weeks beforehand	Staff/parents propose children Meet therapist to discuss aims	None
Assessment	4 weeks	Provide experience of music therapy Evaluate suitability for children	£320 4 x 2hr x £40
Sessions	6 weeks	Continuation of music therapy	£480 6 x 2hr x £40

Sample timetable	Times
Set up room and instruments	1:15-1:25
Session A - individual (20min)	1:25-1:45
Session B - group of 2 (20min)	1:50-2:10
Session C - group of 2 (20min)	2:15-2:35
Session D - group of 3 (25min)	2:40-3:05
Reset room	3:05-3:15

*“Thank you for our block of music therapy.
My child very much enjoyed having the
freedom to explore the instruments
and to interact with you.
Highly recommended.”*

- Parent of child with autism



*“The chimes were soothing and kept me calm,
I would like to get a wind chime
for the school playground.”*

- Child who received music therapy

References

¹ Geretsegger et al., 2014. Music therapy for people with autism spectrum disorder (review). The Cochrane Library, vol 17.

² Kim et al., 2008. The effects of improvisational music therapy on joint attention behaviours in autistic children: a randomized controlled study. Journal of Autism and Developmental Disorders, vol 38.

³ LaGasse, 2014. Effects of a music therapy group intervention on enhancing social skills in children with autism. Journal of Music Therapy, vol 51.