



Neurologic

Music Therapy

Services

Neurologic Music Therapy Individual Sessions

Special Music, Inc. is a center-based program located in **St. Paul**, Minnesota that has been providing pediatric Neurologic Music Therapy (**NMT**) services for children with special needs since 2001.

Beth Wiskus, MA, MT-BC, NMT Fellow leads the neurologic music therapy sessions, and she has over 16 years of experience in working with children with autism, neurologic impairments and developmental disabilities.

Neurologic Music Therapy (NMT) utilizes rhythm and the therapeutic application of music to influence and potentially change the brain. Research has shown that when the brain is engaged in music, more neurons are firing at the same time throughout the brain. Therefore, more connections are being made and more neuropathways are created, which can improve brain function.

NMT based on a neuroscience model of music perception and production, and the influence of music on functional changes in non-musical brain and behavior functions.

Rhythm, Music, and the Brain, M.H. Thaut 2005

Each Individual Treatment Session targets 3 NMT treatment domains:

- **Sensorimotor Training:** Uses **rhythm, melody, harmony, tempo and dynamic cues** to address areas of gait and functional fine and gross motor movements.
- **Speech & Language Training:** Uses **rhythm, singing, oral motor exercises, musical performance exercises** to facilitate initiation, development and articulation of speech; to increase respiratory strength; and to simulate speech, language pragmatics, speech gestures and non-verbal communication.
- **Cognitive Training:** Uses **musical exercises, performance, improvisation and composition** to address areas of auditory perception, discrimination, and sensory integration; sustained, selective, divided and alternating attention functions; executive functioning skills (e.g. problem solving, decision making and comprehension); sequencing and memory; and social skills.



Individual treatment sessions are offered at least once a week on an ongoing basis, with complete NMT assessments and treatment plans established.

Get more information today!

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