Music Therapy Science

Music Therapy and the Brain

Cognitive
- executive functioning
- reasoning and problem solving
- learning and spatial memory

Motor
- voluntary movement
- motor control
- coordination, balance and motor memory

Speech/Language
- complex language functions
- speech production
- speech comprehension

Social-Emotional & Behavioral
- processing of social and emotional info and memory
- emotion and reward-based learning
- socially appropriate behaviors

Sensory
- hearing, sight, touch and other sensations
- sensory input
- vital body functions

Exceptional music therapy services for children and adults with developmental and neurological challenges
(719) 213–4330
www.NeuroRhythm.com/Science
NeuroRhythm specializes in developmental and neurological challenges including autism spectrum disorder and other cognitive, speech/language and motor delays. We are a research-based behavioral music therapy practice, and the only company that integrates the scientific fields of Neurologic Music Therapy (NMT) with Applied Behavior Analysis (ABA).

What is Music Therapy?

Music therapy is an established allied healthcare profession in which music is used within a therapeutic relationship by a Board Certified Music Therapist (MT-BC) to address the physical, cognitive, communication, social and emotional needs of individuals of all ages.

Neurologic Music Therapy (NMT) is the therapeutic use of music to address the cognitive, speech/language, and sensorimotor function of individuals with neurological diseases or disorders. Treatment techniques are based on a neuroscience model and the influence of music on functional changes in the brain and behavior.

Music Therapy and the Brain

Music is processed in all areas of the brain and has the ability to access and stimulate areas of the brain that may not be accessible through other modalities.

Research shows that music enhances and optimizes the brain, providing more efficient therapy.

Research supports parallels between non-musical functioning and music-assisted tasks, which provides a scientific rationale for the use of music in therapy.

Music improves performance of cognitive, motor, and speech/language tasks. Studies show that people perform these tasks better with music than without.