



MUSIC THERAPY

THE BENEFITS OF MUSIC THERAPY FOR SEN AND ANXIETY



WHAT IS ANXIETY

- **ANXIETY IS USUALLY A NATURAL RESPONSE TO PRESSURE, FEELING AFRAID OR THREATENED, WHICH CAN SHOW UP IN HOW WE FEEL PHYSICALLY, MENTALLY, AND IN HOW WE BEHAVE.**
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- **IT'S COMMON TO DESCRIBE ANXIETY AS A FEELING OF DREAD, FEAR OR UNEASE, WHICH CAN RANGE FROM MILD TO SEVERE.**
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- **ANXIETY CAN BECOME A PROBLEM IF WE START WORRYING A LOT ABOUT SMALL STUFF OR RELATIVELY HARMLESS SITUATIONS.**
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- **IT'S USUALLY WHEN OUR ANXIETY FEELS REALLY INTENSE OR OVERWHELMING THAT IT STARTS TO INTERFERE WITH OUR DAILY LIFE OR AFFECT OUR RELATIONSHIPS**

WHAT IS MUSIC THERAPY

- **MUSIC THERAPY IS A PSYCHOLOGICAL INTERVENTION ,MUSIC THERAPISTS HELP THOSE WHO'S LIFE'S ARE EFFECTED**
- **BY INJURY, ILLNESS OR DISABILITY THROUGH SUPPORTING THEIR PSYCHOLOGICAL, EMOTIONAL, COGNITIVE, PHYSICAL, COMMUNICATIVE AND SOCIAL NEEDS.**
- **ALTHOUGH YOU DON'T NECESSARILY NEED TO GO PROFESSIONAL TO APPLY MUSIC THERAPY, MUSIC IS EVERYWHERE AND JUST LISTENING TO MUSIC CAN HELP.**

HOW MUSIC THERAPY HELPS

- **MUSIC THERAPY IS AN EFFECTIVE TOOL FOR REDUCING ANXIETY BY ACTIVELY LOWERING STRESS HORMONES LIKE CORTISOL AND ADRENALINE, WHILE TRIGGERING THE RELEASE OF FEEL-GOOD NEUROTRANSMITTERS SUCH AS DOPAMINE AND ENDORPHINS. IT WORKS BY SLOWING HEART RATE, LOWERING BLOOD PRESSURE, CALMING THE MIND, AND ENGAGING MULTIPLE BRAIN AREAS TO SHIFT FOCUS AWAY FROM WORRYING THOUGHTS.**

HOW IS BENEFITS THOSE WITH SEN

- **KEY BENEFITS OF MUSIC THERAPY FOR SEN AND ANXIETY**
- **EMOTIONAL REGULATION & ANXIETY REDUCTION: GENTLE, SLOW-RHYTHM MUSIC HELPS LOWER HEART RATE AND REDUCE TENSION, MANAGING ANXIETY AND STRESS.**
- **ALTERNATIVE COMMUNICATION: BENEFICIAL FOR NON-VERBAL PARTICIPANTS OR THOSE WITH SPEECH DELAYS, ALLOWING EXPRESSION OF FEELINGS WITHOUT WORDS.**
- **SEN SUPPORT (AUTISM & BEHAVIOURAL NEEDS): IMPROVES SOCIAL INTERACTION, SELF-ESTEEM, AND REDUCES BEHAVIOURAL PROBLEMS THROUGH STRUCTURED, ENGAGING ACTIVITIES.**
- **IMPROVED SELF-CONFIDENCE: CREATIVE, THERAPEUTIC INTERACTION BUILDS SOCIAL SKILLS LIKE TURN-TAKING, FOSTERING INDEPENDENCE AND A SENSE OF AGENCY.**

AN EXAMPLE OF SINGING BENEFITS



HOW I APPLIED IT IN IN CLASS

I FOCUSED ON 2 PUPILS ONE WHO CAN GET QUITE ANXIOUS JOINING IN WITH CLASS THE OTHER DELAYED PROCESSING CAN LEAD TO ANXIOUS BEHAVIOUR.

INPUT IN CLASS SINGING IS A NORMAL PART OF OUR DAY THE CHILDREN SEEM MORE CALM AND FOCUSED

- **SINGING NURSERY RHYMES**
- **HORSEY HORSEY**
- **ALERTING**
- **ORGANISING**
- **CALMING**



THANKYOU

"Music has healing power.
It has the ability to take
people out of themselves
for a few hours."

Elton John

“

Music gives a soul to the
universe, wings to the mind,
flight to the imagination,
and life to everything.

PLATO



“

Where words fail,
music speaks.

HANS CHRISTIAN ANDERSEN

Southern Living

REFERENCES

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- **BBC**
- **NHS EVERY MIND MATTERS**

[HTTPS://WWW.NORDOFF-ROBBINS.ORG.UK/MUSIC-AND-MENTAL-HEALTH](https://www.nordoff-robbins.org.uk/music-and-mental-health)

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