

# ALUMNI PROGRAM

## MUSIC AND MOVEMENT

Weekly Sessions in CPAS

Every Wednesday 3 to 4 pm

Conducted by Teacher Dolph Oh

Certified Music Instructor, Flinders University, NTU

*Music therapists use music to address developmental goals in the following areas:*

- **Speech and communication** - Singing custom written songs, i.e. **Big Bear Takes a Bubble Bath**, to isolate speech sounds and get lots of repetition without monotony.
- **Fine and gross motor** - Using traditional and adaptive percussive instruments, like maracas, to address specific fine and gross motor skills.
- **Academic** - Putting academic information into a song format so that recall is improved.
- **Social skill development** - Music therapy groups where clients practice greetings, turn taking, eye contact, requesting, self-expression, collaboration, etc., through musical activities.
- **Behavioral** - Creating songs and musical stories about appropriate behavior.
- **Social-Emotional** - Using songs to teach a client how to identify feelings and use coping strategies when they are feeling overwhelmed

