

Music as Communication

The girl with Rett syndrome is usually very sensitive to music, and enjoys the quality of the sound. Music therapy is a very motivating channel for communication. On receptive level, she enjoys listening. On an interactive level, she can use the music to express her emotions and communicate her knowledge and choices. The therapist will acknowledge her feelings and she gains confidence as she learns that she can participate and succeed. Musical activities also provide opportunities for her to initiate hand movements and improve skills. The musical activity must be meaningful and interesting for her to build opportunities. Delayed reactions are common in Rett syndrome, but when music is used, the delay is considerably reduced. Music therapy can provide ways in which communication can develop and learning can be enhanced.

Goals of Music Therapy include:

- Maintain and maximize function
- Increase the level of awareness
- Increase responsiveness level
- Increase communication
- Increase purposeful hand use
- Elicit vocalization
- Increase focusing, attention and eye contact
- Provide opportunities in choice making
- Relaxation and calm
- Pure fun and enjoyment

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