

## MUSIC THERAPY SKILL AREAS



Cognitive &  
Academic  
Skills



Fine & Gross  
Motor  
Development



Communication &  
Social Skills



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# THE ARC KOHLER SCHOOL

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## MUSIC THERAPY PROGRAM

What is music therapy?

Who is the school music  
therapist?

How does music therapy  
work?



**The Arc**  
Union County

## What Is Music Therapy?

Music Therapy is an evidence-based practice that uses music as a medium to accomplish therapeutic goals in a clinical setting.



Music therapists use music to assess, address and evaluate progress towards Individualized goals. Music therapy interventions are based on the students needs and may utilize music composition, singing, movement with music, and playing and listening to music.

The Music Therapy Program at Kohler is designed to provide a fun, success-oriented and creative platform for children to express and learn.

**Music Therapy addresses the following skill areas:**

Communication & Social Skill Development

- Self-Regulation & Sensory Integration
- Academic Concepts
- Creative Expression & Emotional Support
- Self-esteem & Confidence Building
- Fine & Gross Motor Functions



## Who Is The Music Therapist?

### *Ellen de Havilland, MT-BC*

As a Board Certified Music Therapist and HealthRhythms facilitator, Ellen earned her degree in Music Therapy from Baldwin-Wallace University in Ohio, and brings over 10 years of experience working with children & adults with special needs.



In addition to her work for The Arc of Union County, she currently serves on the board of the New Jersey State Task Force for Music Therapy Licensure, she is the Design Editor of *Music Therapy Clinician*, and is the Founder & Director of a private practice in Summit, NJ. She hopes to bring to Kohler a creative outlet for children to express themselves and provide a place for students to learn in a positive success-oriented environment.



**Contact Information**

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## How Does Music Therapy Work?

Group music therapy is scheduled during the school day on a weekly basis. Each classroom attends music therapy as a group.



Small groups are designed to address individual & group skill development within a supportive social environment. While one student is learning to appropriately express



emotions through singing, another student might be learning to play a steady rhythm with increased attention and focus, while another student is developing appropriate social

interaction skills by exploring dynamics on a hand drum. This all happens while the group is learning social interaction skills and cooperation.