

INTELLECTUAL DEFICIENCIES

A person who is mentally deficient has cognitive, motor or social challenges that often limit his/her global development or his/her well-being. He/she may have significant difficulties comprehending, communicating, remaining attentive, establishing relationships with others and expressing his/her emotions. Neurological troubles, syndromes or physical deficiencies may also be present. It is therefore difficult for the person to accomplish daily activities independently or to interact with others. This may cause misunderstanding for the people in his immediate entourage and feelings of isolation, anxiety and loss of self-esteem and self-confidence for the person.

Music therapy maintains or improves various aspects of a person's development. The music therapist first identifies the client's needs and abilities in various areas by means of an Initial Assessment. These areas include socio-affective, motor and cognitive character, as well as his/her habits and musical preferences. An Individual Intervention Plan is then devised to include global objectives such as: developing his/her awareness of himself/herself and his/her environment, strengthening his/her self-esteem, expanding his/her verbal and non-verbal communication skills, social skills and his/her ability to express his/her emotions, improving the ability to pay attention to task, improving memorization skills, etc. The person then attends individual or group music therapy sessions depending on his/her needs and abilities.

INTELLECTUAL DEFICIENCIES

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms. The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions. The person may be invited to participate in vocal and/or instrumental improvisations, singing activities, movement to rhythm, song composition, listening to chosen pieces etc. A wide variety of instruments (guitar, piano, percussion instruments to name a few) are incorporated into sessions in order to satisfy individual musical preferences and to offer everyone a rich and meaningful experience. In short, music therapy is a useful means to reach a person who has intellectual deficiencies and a way to support his/her development and maintain his/her well-being.

For additional information about music therapy or if you wish to communicate with a music therapist:

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ATTENTION DEFICIT/ HYPERACTIVITY DISORDER (ADHD)

The child or adolescent who has attention deficit and hyperactivity disorder has cognitive, emotional and social challenges. It is difficult for him/her to pay attention, to remain focused on the task at hand, to follow instructions adequately and/or to interact with his/her environment in a level-headed manner due to verbal, motor and social impulsiveness. This can lead to loss of self-esteem, isolation, anxiety or behavioral problems.

Music therapy can make it easier for the young person to fit into his/her environment. Through an Initial Assessment, the music therapist first identifies the person's needs and strengths in socio-emotional, psychomotor and cognitive areas. It will also highlight his/her tendencies and musical preferences. An Individual Intervention Plan is then devised to include overall goals such as: strengthening his/her self-esteem, developing his/her attention span, gaining control over his/her verbal, motor and social impulses, acquiring communication strategies, etc. The young person then attends group or individual sessions according to his/her needs.

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms. The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions.

ATTENTION DEFICIT/ HYPERACTIVITY DISORDER (ADHD)

The child or adolescent may be invited to express himself/herself in vocal or instrumental improvisations, to imitate or initiate rhythmic or melodic motifs to learn self-discipline, to share an instrument with a peer, to contribute to the words of a song, to discuss a chosen piece of music, or to create a musical story. A great variety of instruments (guitar, piano, percussion instruments to name a few) are incorporated into sessions in order to satisfy individual musical preferences and to offer a rich and meaningful experience. In short, music therapy is a useful means to reach a young person who has ADHD or hyperactivity by supporting his/her emotional, social and cognitive development.

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DYSPHASIA

The child or adolescent diagnosed with **dysphasia** has severe neurological difficulties pertaining to language. He/she has significant problems with his/her language comprehension or expression. These difficulties can give rise to misunderstanding from people in his/her immediate entourage, isolation, anxiety, a loss of self-esteem and self-confidence and/or behavioral problems.

Music therapy can maintain or improve different aspects of a child or adolescent's development. By administering an Initial Assessment, the music therapist identifies the needs and abilities of the young client in different areas. These areas include socio-affective, motor and cognitive tendencies, as well as his/her habits and musical preferences. An Individual Intervention Plan is then devised and includes global objectives taking into consideration his/her overall language difficulties. These goals may include expanding his/her repertoire of emotional expression, communication skills, social skills, strengthening his/her self esteem, improving his/her attention and memorization skills, etc. The person then attends individual or group music therapy sessions depending on his/her needs.

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms. The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions. The child or adolescent may be invited to participate in vocal and/or

DYSPHASIA

wind-based instrumental improvisations in order to expand and control his/her vocal repertoire, to sing songs that invite him/her to focus on the facilitation and/or the production of specific phonological sounds, to associate gestures or symbols with songs, to participate in the composition of a song, to join in vocal or instrumental improvisations in order to express

what he/she is feeling, to move and vocalize to the rhythm of music, to use symbols in order to comprehend the unfolding of a session. A wide variety of instruments (guitar, piano percussion instruments to name a few) are incorporated into sessions in order to satisfy individual musical preferences and offer everyone a rich and meaningful experience. In short, music therapy is a useful means to reach a child or adolescent who has dysphasia, helping to promote his/her development and well-being.

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PERVASIVE DEVELOPMENTAL DISORDERS

A person who is mentally deficient has cognitive, motor or social challenges that often limit his/her global development or his/her well-being. He/she may have significant difficulties comprehending, communicating, remaining attentive, establishing relationships with others and expressing his/her emotions. Neurological troubles, syndromes or physical deficiencies may also be present. It is therefore difficult for the person to accomplish daily activities independently or to interact with others. This may cause misunderstanding for the people in his immediate entourage and feelings of isolation, anxiety and loss of self-esteem and self-confidence for the person.

Music therapy maintains or improves various aspects of a person's development. The music therapist first identifies the client's needs and abilities in various areas by means of an Initial Assessment. These areas include socio-affective, motor and cognitive character, as well as his/her habits and musical preferences. An Individual Intervention Plan is then devised to include global objectives such as: developing his/her awareness of himself/herself and his/her environment, strengthening his/her self-esteem, expanding his/her verbal and non-verbal communication skills, social skills and his/her ability to express his/her emotions, improving the ability to pay attention to task, improving memorization skills, etc. The person then attends individual or group music therapy sessions depending on his/her needs and abilities.

PERVASIVE DEVELOPMENTAL DISORDERS

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms. The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions. The person may be invited to participate in vocal and/or instrumental improvisations, singing activities, movement to rhythm, song composition, listening to chosen pieces etc. A wide variety of instruments (guitar, piano, percussion instruments to name a few) are incorporated into sessions in order to satisfy individual musical preferences and to offer everyone a rich and meaningful experience. In short, music therapy is a useful means to reach a person who has intellectual deficiencies and a way to support his/her development and maintain his/her well-being.

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ALZHEIMER'S AND OTHER DEMENTIAS

A person diagnosed with Alzheimer's or another dementia experiences a global deterioration of cognitive functioning. This can cause emotional distress and social isolation. He/she experiences significant difficulties which bring about a gradual loss of autonomy. Loss in memory, communication and orientation can cause anxiety, disorganization, and behavioral problems.

Music therapy can maintain or improve the person's emotional and social well-being. Through an Initial Assessment, the music therapist first identifies the person's needs and strengths in socio-affective, cognitive areas, and highlight their habits and musical preferences. An Individual Intervention Plan is then devised to include overall goals such as: stimulating the awareness of the environment, managing anxiety, stabilizing mood, promoting reminiscence and encouraging interactions and communication, etc. The person then attends individual or group music therapy sessions depending on his/her needs.

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms. The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions.

ALZHEIMER'S AND OTHER DEMENTIAS

The person may be invited to participate in theme-based vocal and/or instrumental improvisations to evoke emotions or memories, to listen to a pre-composed song whose lyrics express a familiar situation, to participate in discussions about chosen pieces of music and/or to move to or relax to music. A wide variety of instruments (guitar, piano, percussion instruments to name a few) are incorporated into sessions in order to satisfy individual musical preferences and offer a rich and meaningful experience. In short, music therapy is a useful means to reach a person diagnosed with Alzheimer's or another dementia and to contribute to his/her well-being.

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PHYSICAL LIMITATIONS

A person who has physical limitations is likely to experience psychological distress when faced with the decline of their independence. He/she may have significant difficulty in accepting the loss of his/her autonomy and adapting to a new way of life. This can result in feelings of frustration, anxiety, isolation or depression.

Music therapy can maintain or improve the person's emotional and social well-being. The music therapist first conducts an Initial Assessment Test to identify the client's needs and strengths in different areas. These include socio-affective and cognitive areas as well as his/her habits and musical preferences. An Individual Intervention Plan is then devised and includes global objectives such as: expressing one's emotional difficulties, managing one's anxiety, overcoming one's feelings of sadness associated with his/her multiple losses, developing adaptation strategies, finding a meaning to life, living in the moment, etc.

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms. The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions.

PHYSICAL LIMITATIONS

The person may be invited to recognize their physical strengths through vocal and/or instrumental improvisations, to participate in discussions based on song lyrics that validate and support his/her experiences, to participate in activities which maximize peer support via musical cohesiveness, to relax or move to music in order to maintain his/her flexibility and physical fitness, etc. A wide variety of instruments (guitar, piano, percussion instruments to name a few) are incorporated into sessions in order to satisfy individual musical preferences and offer everyone a rich and meaningful experience. In short, music therapy is a useful means to reach a person who has physical limitations and to contribute to his/her well-being.

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MUSCULAR DYSTROPHY, CEREBRAL PALSY, MULTIPLE SCLEROSIS, ETC.

A person who is diagnosed with a neurological condition that reduces their motor skills can experience a decrease in his/her self-esteem, feelings of isolation, physical pain or a loss in their cognitive abilities. He/she can face significant difficulties in communication, emotional stability or the ability to accomplish daily tasks independently. Anxiety and depression may also be present and impede the person's quality of life.

Music therapy can maintain or restore various aspects of the person's performance. The music therapist first identifies the needs and abilities of the person in different areas by the means of an Initial Assessment. These areas include affective, motor, cognitive and social skills; as well as his/her habits and musical preferences. An Individual intervention Plan is then devised to include global objectives such as: developing better control in breathing, improving basic movements, strengthening self esteem, expressing emotions, managing anxiety, developing communication techniques, promoting relaxation, etc. The person then attends individual or group music therapy sessions depending on his/her needs and abilities.

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms. The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions.

MUSCULAR DYSTROPHY, CEREBRAL PALSY, MULTIPLE SCLEROSIS, ETC.

The person may be invited to improvise with voice or instruments to express what he/she is feeling, to improve his/her phonatory muscular tonus by playing wind instruments, to compose song lyrics, to discuss chosen pieces of music and to move to or relax to music. A wide variety of instruments (guitar, piano, percussion instruments to name a few) are incorporated into sessions in order to satisfy everyone's musical preferences and offer them a rich and meaningful experience. It is possible to adapt instruments to suit a person's functional capabilities in order to vary the means of expression and to optimize his/her autonomy. In short, music therapy is a useful means to reach a person who has physical limitations and to promote his/her physical, emotional and social well-being.

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STROKE, CRANIAL-CEREBRAL TRAUMAS

A person who has experienced a stroke or a cranial-cerebral trauma is susceptible to various dysfunctions affecting his/her intra-cranial nervous system. He/she may have significant difficulties with his/her communication skills (comprehension or expression), motor skills and/or memory skills. In addition to physical limitations that might occur, it may be hard for him/her to resume his/her daily routine, for his/her condition often causes changes in attitude and behaviours such as impulsiveness, perseverance, a loss of social inhibition, agitation or depression.

Music therapy can restore, maintain or improve the person's emotional and social well-being. The music therapist first identifies the needs and abilities of the person in various areas by means of an Initial Assessment. These areas include social-affective and cognitive tendencies, as well as his/her habits and musical preferences. An Individual Intervention Plan is then devised and includes global objectives such as: optimizing respiratory control, expressing oneself more efficiently, controlling one's anxiety, improving muscle endurance and motor coordination, relaxing to music, stabilizing one's mood, orienting oneself in space, etc. The person then attends individual or group music therapy sessions depending on his/her needs.

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms.

STROKE, CRANIAL-CEREBRAL TRAUMAS

The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions. The person may be invited to participate in vocal and/or instrumental improvisations to express his/her feelings, to compose lyrics to a song about what he/she is feeling, to call up mental images of kinesthetic sensations or memories caused by the music, to regulate his/her respiration or improve his/her phonatory muscular tonus by playing wind instruments. A wide variety of instruments (guitar, piano, percussion instruments to name a few) are incorporated into sessions in order to satisfy each person's musical preferences and offer a rich and meaningful experience. In short, music therapy is a useful means to reach a person who has experienced a stroke or a cranial-cerebral trauma and help him/her maintain or restore physical, social and affective well-being.

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SCHIZOPHRENIA AND DISORDERS WITH PSYCHOTIC FEATURES

Schizophrenia and psychotic disorders can cause distress, social isolation and changes in a person's perceptions. The person can have significant difficulties communicating, expressing his/her emotions and needs and reacting to others. It is often hard for the person to maintain his/her attention and to succeed in daily tasks. Facing the normal stresses of daily living can bring about anguish and disorganization.

Music therapy can maintain or improve the emotional and social well being of a person. The music therapist first identifies the needs and abilities of the person in different areas by means of an Initial Assessment. These areas include the emotions, communication skills, cognition, as well as his/her habits and musical preferences. An Individual Intervention Plan is then devised that includes global objectives such as: recognizing signs of anxiety, developing reference points in his/her perception of reality, organizing his/her thoughts, improving communication with others, etc. The person then attends individual or group music therapy sessions depending on his/her needs.

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms. The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions.

SCHIZOPHRENIA AND DISORDERS WITH PSYCHOTIC FEATURES

The person may be invited to participate in vocal and/or instrumental improvisations related to a theme in his/her life, to compose song lyrics that express his/her emotions, to listen to a pre-composed song that evokes a familiar problem and/or to learn how to relax to music. A wide variety of instruments (guitar, piano, percussion instruments to name a few) are incorporated into sessions in order to satisfy each person's musical preferences and offer a rich and meaningful experience. Music can open a pathway to dialogue and can also communicate what is beyond words. In short, music therapy is a useful means to reach a person who is diagnosed with schizophrenia or a disorder with psychotic features and to contribute to his/her well-being.

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CANCER, AIDS, DEGENERATIVE DISEASES

A person in the final stages of cancer, AIDS or a degenerative disease needs to be accompanied by individuals who respect the specific needs of this final stage of life. The person can have significant difficulties expressing his/her emotions and communicating with his/her loved ones. The person may feel distressed at having to cope with pain, multiple losses and the fact that he/she will have to take leave of loved ones.

Music therapy can contribute to the general comfort of the person by alleviating certain symptoms and by offering him/her a means of self-expression and a way to communicate his/her needs. In collaboration with the multidisciplinary team, the music therapist identifies the person's physical, emotional, social and/or spiritual needs. The music therapist then chooses an appropriate mode of intervention. Priority can be given to pain relief, the improvement of the quality of sleep, the expression his/her emotions, the ability to communicate with loved ones, finding meaning in his/her life, etc. Individual sessions are usually favoured, however the person can also participate in relaxation groups, or a group that employs various art forms including music such as drawing, painting or poetry. Loved ones can also join in music therapy sessions.

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms. The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions.

CANCER, AIDS, DEGENERATIVE DISEASES

The person may be invited to listen to musical selections or songs that are significant to him/her, to participate in vocal or instrumental improvisations, to contribute to the composition of song lyrics in order to express his/her emotions, to record a musical offering for his/her loved ones (compose song lyrics and/or melodies, choose selections from a repertoire of pre-composed music, etc). A wide variety of instruments (guitar, piano, percussion instruments to name a few) are incorporated into sessions in order to satisfy each individual's musical preferences and to offer a meaningful and rich experience. In short, music therapy is a useful means to reach a person who is in the final stages of cancer, AIDS or a degenerative disease and to promote his/her well-being.

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