

Floortime through Music Therapy

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Summary: The music therapist's goal is to facilitate interaction around music using Floortime techniques like attuning to the child, following the child's lead, mirroring, co-regulating facilitating self-regulation, expanding, and challenging using lots of affect

- ✓ The first step in music therapy is figuring out how to take into account each child's individual sensory profile
- ✓ The music therapist will improvise music based on how the child walks in the room, picking up on the tempo in the way he walks, or picking up on the affect the child brings, or making music to the stimming behaviour the child is doing
- ✓ *"The way that the child plays music is a manifestation of where they are developmentally and it's our job to figure that out, all within the context of this relational experience"* - John Carpente
- ✓ The music therapist aims for flexibility and initiation in interaction rather than musical skill or accuracy based on memory

Link to this blog: <http://affectautism.com/2018/04/16/floortime-through-music/>