





Jamie B Boster, PhD, Alyson M Spitzley, BS, Taylor W Castle, MA, Abby R Jewell, MS, Christina L Corso, MS, John W McCarthy, PhD, Music Improves Social and Participation Outcomes for Individuals With Communication Disorders: A Systematic Review, *JBT/F2* 11.04 Tf1 0 0 1 470.26 579.1 Tm0 g0

communication by delivering the message through lyrics and expressing and communicating emotions. Because of such nature of the music, authors believe that the music-based interventions are flexible and suitable for addressing social and participation outcomes. The results suggest that music therapy has a significant effect on helping clients with communication disorders and provides a flexible support for their social interactions. Music might have an effective role of addressing participation-based goals for clients with communication disorders. Limitation of the studies include the small sample sizes and inconclusive and/or suggestive evidence. Authors suggest the use of bigger sample sizes, additional analyses, clarifying the coding type, and including different varieties of music-based interventions. This article relates to the developmental practicum because it addresses how individuals with communication disorders such as ASD and down syndrome benefit from music therapy interventions.

including acceptance of fear, support and encouragement, familiarity, and organization and structure. After each re-creation of the activity, despite the first difficulty staying focused, patients were able to adapt and stay calm. The last session consisted of Luigi Nono's Sound-Searching. This music includes the subtle textures and inconsistent timbres. The therapist encouraged the patients to freely improvise sound-noise-exploration and receptive experience. The goal of the session was to share the awareness, develop tolerance for others' ideas, and increase non-verbal form of expression and exploration. The intervention was to listen to the music and create the extreme quiet music within the group. In the beginning, patients seemed to be anxious and restless due to the prior events on that day. However, after the activity, patient appeared to be calmed down and relaxed, although the sound they were creating was quiet yet tense. Patients were able to match and improvise around others, collectively interacting nonverbally

music therapist performed with pediatric patients who had a variety of disabilities and psychological disorders, as well as different demographic backgrounds. The goal of this study was to increase each patient's attentional skills while helping them calm down and relax for activities after music therapy. To achieve the most effective result, the therapist decided to use avant-garde music written by 20th-century composers. Unlike using popular music that can easily provoke strong memories, using not well-known, uncommon music without words could avoid overstimulation for patients and help them improve their attention skills (Currei 2018). By adding improvisational techniques in each session, the patients were

therapists must be aware of the tonality, tension and resolution, quality of the music, all materials we learn in theory and musicianship classes... To provide the most effective music therapy, we must use musicality and its knowledge in a full capacity. There is a reason why our school does not have a Bachelor of *Arts* in music therapy or a music therapy *minor*, as some of my peers have asked me before. To be experts in music therapy, we need to know both fundamentals and advanced materials of music, and then its application to a healthcare discipline. I resonate with the *scientist-artist approach* that Pelitteri (2009) proposed where music therapy is a combination of the concepts of both evidence-based scientific knowledge and creative arts. Music therapy is a unique profession that addresses both empirical and humanistic aspects in the therapy. Therefore, all music therapists must be able to see the connection of two distinct disciplines and work within a blurred area of such specialties.

One counterpoint on my definition of music therapy could be that the notion of music as a universal language may be overstated when considering what music is; in one definition proposed by John Blacking, music is a collection of sounds that are organized by humankind, or natural sounds that humankind can interpret in an organized way. Music is essentially in our mind and how we hear,

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