metric music therapy

Neurologic Music Therapy services for Southern California

Frequently Asked Questions

What is Neurologic Music Therapy (NMT) and how is it different from conventional music therapy?
NMT is defined as the therapeutic application of music to cognitive, sensory, and motor dysfunctions due to neurologic disease of the human nervous system.
NMT is based on a neuroscience model of music perception and production and the influence of music on non-musical brain and behavior functions.
NMT utilizes a research-based system of Standardized Clinical Techniques for movement, speech & language, and cognitive training.

(Thaut, 2005)

This scientifically supported use of Standardized Clinical Techniques is unique to NMT as well as the advanced neuroscience and research training required in order to obtain the credentials NMT.

How can NMT be of benefit for autism?
NMT benefits the needs of autism in relation to cadences. Cadences are the rate or speed at which our bodies move due to thoughts, emotions, and speech & language. With autism, we're starting to understand that the various cadences related to our bodies can vary and cause a dis-regulation in how the movement output is completed.

Have you ever noticed that persons with autism might demonstrate difficulty with moving their arms and legs at the same speed when they walk? Or how about transitioning between the right and left arms smoothly?

The following domains all have cadences that vary:	The following is where difficulty in movement may be seen:
• Upper versus lower extremities (arms vs legs)	• Initiation
• Right versus left	• Inhibition
• Speech & language	• Transition
• Thoughts	• Continuation
• Emotions	• Coordination

The goal for NMT with autism is to find that functional cadence through the use of rhythm. Rhythm has been researched extensively for movement and has shown that rhythm primes our motor systems very effectively and subconsciously. For example, have you ever heard a song and found your foot tapping without you even realizing? This is the concept for how rhythm can organize the motor output and therefore assist with regulating the movement associated with thoughts, speech & language, and emotion.

What type of goals/non-musical skills can NMT address for autism?
Many different goals can be addressed for autism. The following are some examples of common goals NMT can address.

- Sensory integration
- Speech initiation
- Attention control
- Movement coordination

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