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### Music therapy as a treatment for children with autism

There are several researches that show how sound can impact children with autism. There is not a specific cause for autistic spectrum disorder but there is an unbalance in the reception of sensory information. Therefore, there can be a higher sensitivity for different sounds and colors, in which the person can feel pain whenever they hear or see specific frequencies. This is why sound therapy can serve as a good resource to minimize over stimulation and clear the mind of a patient.

There are multiple cases in which children with autism also present anxiety and OCD. This is the case of Carly Fleishmann, who is a Canadian teenager with a high level of Autism. The video recorded in Bodhisattva shows her experience in a sound healing session. The video shows that in the beginning of the session, Carly is super agitated, having difficulties to enjoy the sound of the tibetan bowls. However, at the end of the session, she is much calmer and it seems like she is feeling much better. Carly is internationally known for her ability to communicate the challenges of a person with autism disorder through her computer. At the end of the video, the sound healing facilitator asks her how she was feeling after the session and Carly expresses that the

singing bowl harmonics helped her to control audio over-stimulation and to clear her mind. Even after the session, Carly seemed much calmer than before. This is a really good example that sound healing can be beneficial for children with autism. The sound healer used a variety of Tibetan bowls and even put one bowl on the patient's body. It is important to use instruments that are hard to break, since it can be helpful for the patient to touch the instruments to help in the sensory skills.

According to the American Music Therapy Association, most people with ASD are positively impacted by music, showing an interesting response to it. The Journal of Music Therapy and Music Therapy Perspectives, have been studying the benefits of music with individuals with autism spectrum. Some factors that they focus on are communication, cognition, behaviors, and regulation. The outcomes shown are that those individuals were able to express themselves in a better way. According to the research, it can happen that music therapy assists in the development of speech skills. It can also strengthen cognitive functions of the brain since music is processed in both hemispheres of the brain.

When it comes to social anxiety for children with autism disorder, an activity that can be also very beneficial for a good interaction is music making with other people, either playing an instrument or singing. Usually, kids with autism enjoy those activities since it helps with the ability of focusing and interacting with others, resulting in the development of communication and social skills.

In conclusion, sound healing and music therapy can be very beneficial for children with autism. Even though each case may be different, potential results can be

providing a clear mind, minimizing over-stimulation, developing communication skills, developing a better way to express themselves, and providing social interaction skills.

Sources:

<https://vimeo.com/21709969>

[http://www.musictherapy.org/assets/1/7/MT\\_Autism\\_2012.pdf](http://www.musictherapy.org/assets/1/7/MT_Autism_2012.pdf)

<https://soundtherapy.co.uk/sound-therapy-for-autistic-spectrum-disorder/>