



Children Music Therapy 兒童音樂治療(英文)

What is Music Therapy?

Music therapy is an established health care profession that uses improvised music and sound to address physical, emotional, cognitive, and social needs of individuals of all ages.

Music provides an alternative mode of communication, which is often more accessible than words for some people.

Through exploring the instruments and expressing themselves creatively within improvised musical interactions, clients can develop their communication skill, explore important personal themes, and gain insight into their patterns of behavior.

Treatment subjects of music therapy

1. Early intervention (Pre-school children)
2. Primary and Secondary learners

- No musical skills required

Beneficiaries of music therapy include : Challenging behaviour, Stress Management, Autism, Emotional and Behavioural Difficulties and Learning Disabilities.

- Clients attend weekly sessions with a trained therapist either one-on-one or in small groups. Sessions generally last around 50 minutes.

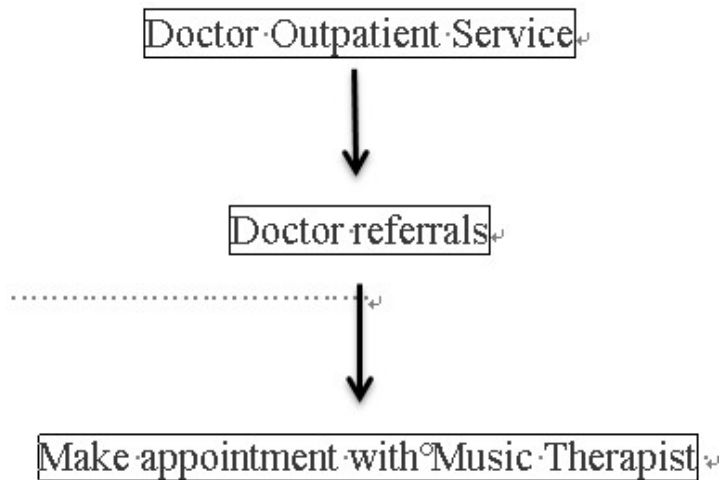
How can Music Therapy help?

- Express feelings
- Improve communication

- Manage stress
- Discover self awareness
- Enhance concentration
- Facilitate cognitive learning abilities and tactics
- Encourage positive expressing capability and increase confidence

How to make a referral

We take doctor referral for one to one or group music therapy.



若有任何疑問，請不吝與我們聯絡
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