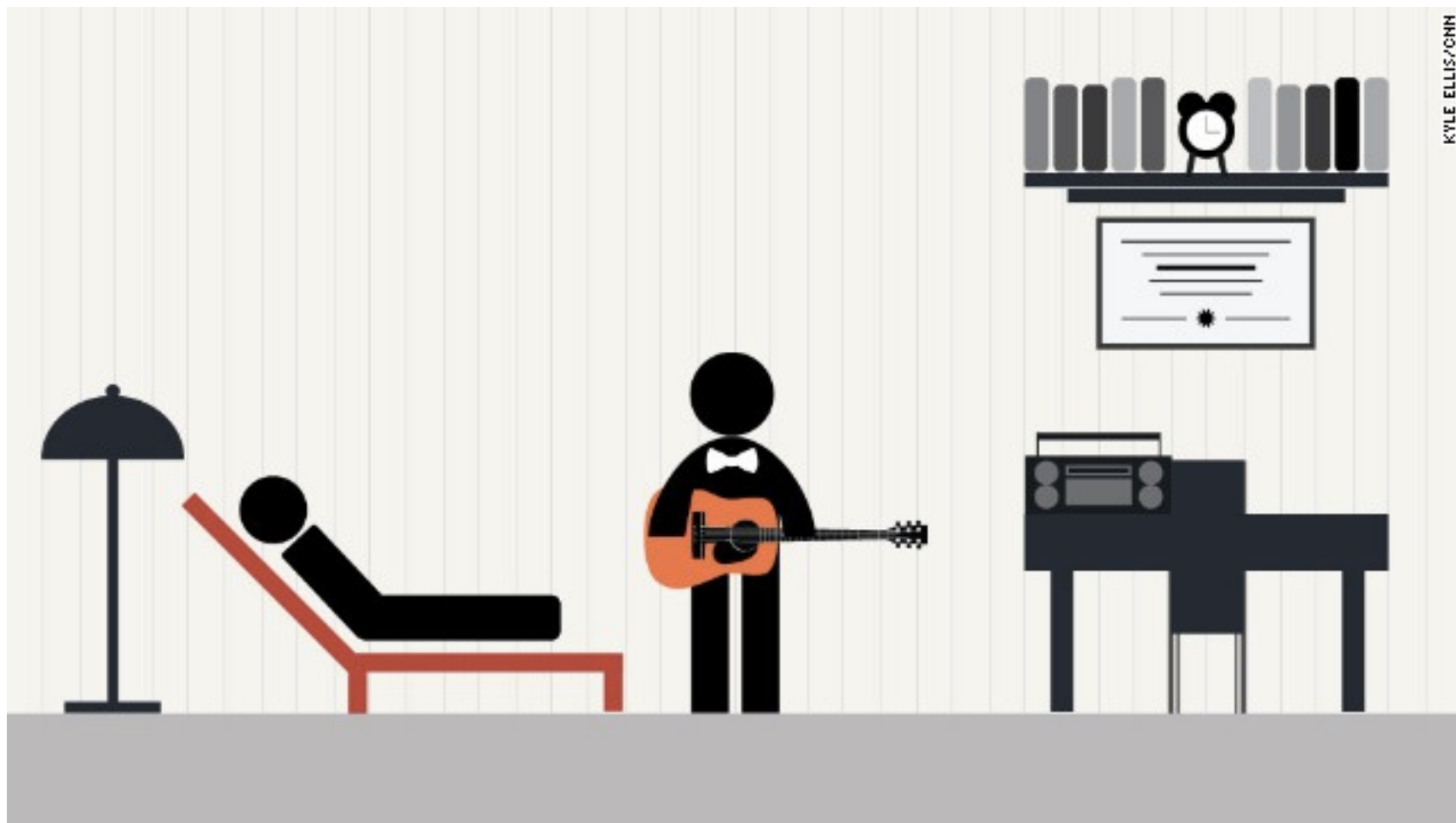


Parental Perceptions, Experiences, and Desires of Music Therapy

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What is Music Therapy?





“the clinical and evidence-based use of music interventions

to accomplish individualized goals within a therapeutic relationship

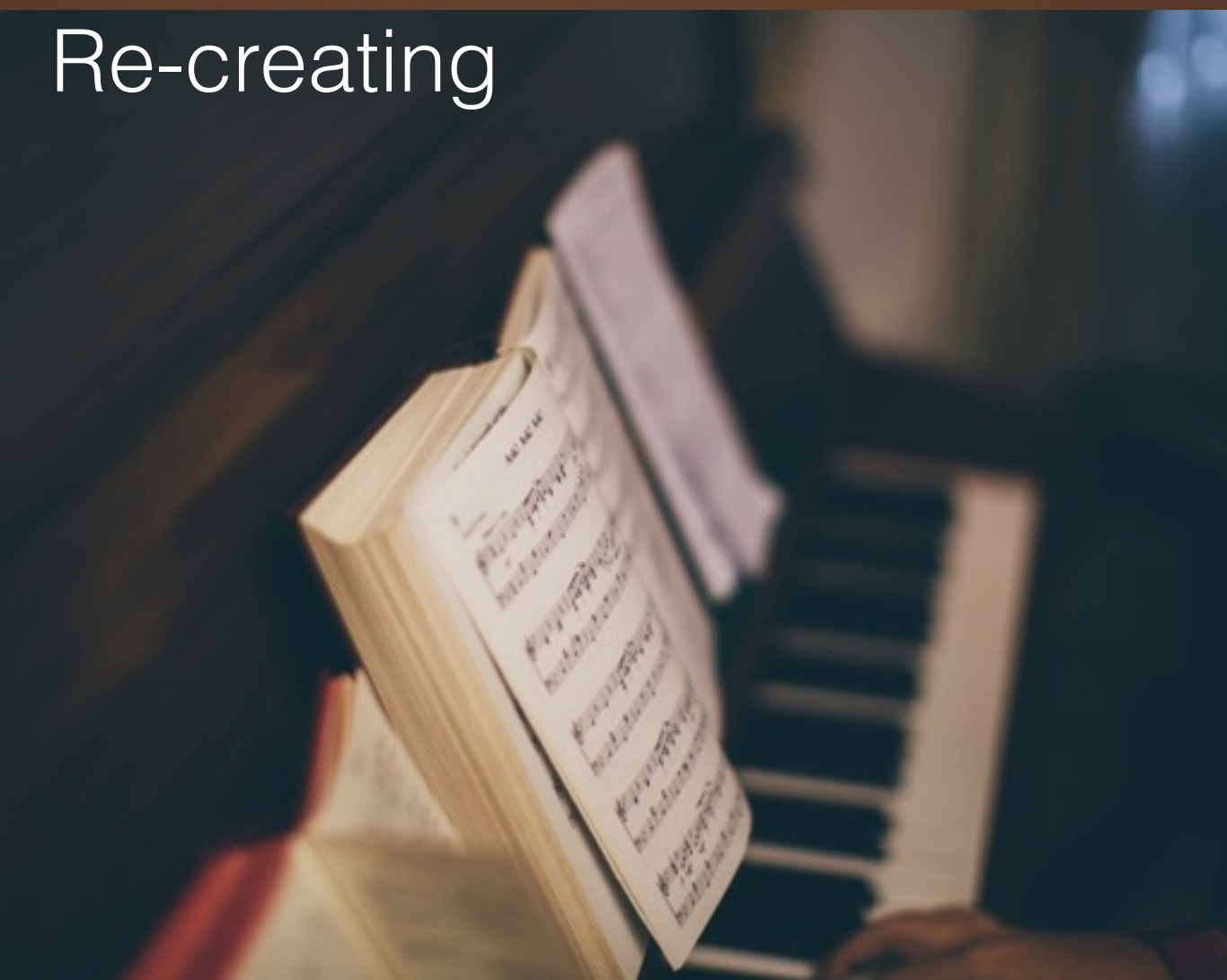
by a credentialed professional who has completed an approved music therapy program”

American Music Therapy Association (AMTA)

Four music experiences in Music Therapy

Listening
Re-creating

Improvisation
Composition



Three origins of music therapy approaches

- **Psychotherapy**
(e.g., Bonny Method of Guided Imagery and Music)
- **Music Education**
(e.g., Orff-Based Music Therapy approach)
- **Medicine**
(e.g., Neurologic Music Therapy)



“The Music Child”

Nordoff and Robins

Research questions

- **RQ 1:** Why do parents **choose music therapy** for their children?
- **RQ 2:** Why do parents **discontinue music therapy**?
- **RQ 3:** What **benefits** do parents **expect** from music therapy sessions?
- **RQ 4:** What **benefits** did parents **see** through music therapy sessions?
- **RQ 5:** What changes do parents **want to see** in the field of music therapy?

Online parental survey on music therapy

- 19 closed-ended, 8 open-ended questions
- 59 responses
U.S. = 21, South Korea = 38
- age of child
mean = 12 yrs, s.d. = 6.21 yrs

Became aware of MT through				
health care provider	friend	online	family	child's school
24	8	7	3	3

Other therapies taken				
speech therapy	occupational therapy	behavioral therapy	none	other
40	22	18	6	23

Table 1. Table of survey results (total = 59).

Location of MT				
clinics	home	school	other	
41	11	3	5	
Type of MT				
personal	group	family	other	
47	11	0	1	

Music experiences				
improvisatory	re-creative	listening	composition	other
47	45	37	17	13

Table 1. Table of survey results (total = 59).

RQ1: Motivations for starting music therapy

- the diagnosis of the child
- specific benefits
- the child's interest in music

RQ1: Motivations for starting music therapy

- the diagnosis of the child
 - autism spectrum disorder
 - speech-related delay/disorder
 - developmental delay
- specific benefits
 - Down Syndrome
 - ADHD
 - episodes of seizures
 - anxiety disorders
 - Williams Syndrome
 - encephalopathy
- the child's interest in music

RQ1: Motivations for starting music therapy

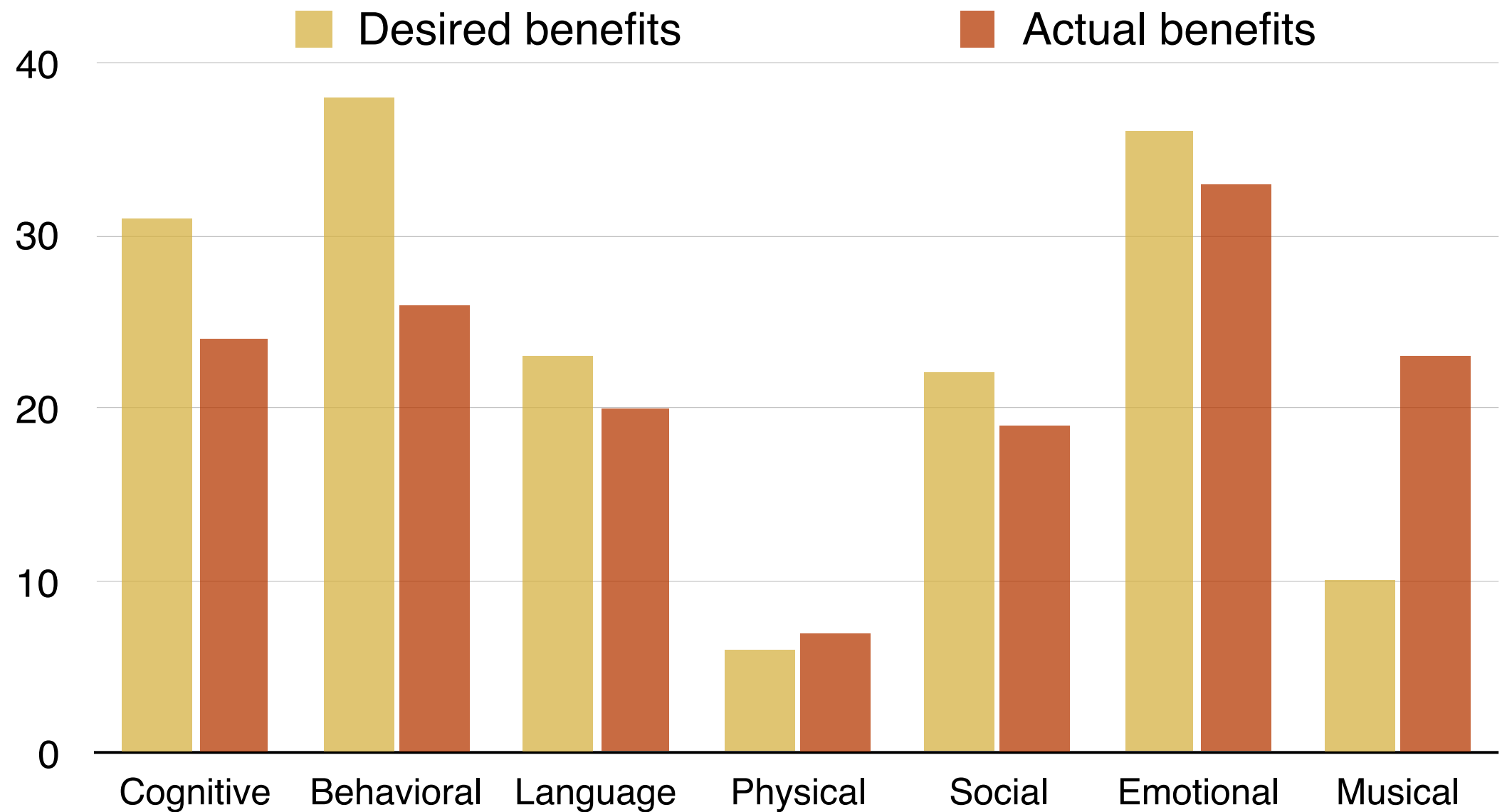
- the diagnosis of the child
- specific benefits
 - reduced frequency of seizures
 - improved self-expression
 - stress relief
- the child's interest in music

RQ1: Motivations for starting music therapy

- the diagnosis of the child
- specific benefits
- the child's interest in music

“Due to seizures, music was one of two ways she would respond to stimuli.” (R15)

RQ3 and 4: Desired and actual benefits



total = 59

RQ4: Actual benefits of seen through music therapy

- emotional changes
- behavioral changes
- language changes

RQ4: Benefits of music therapy

- emotional
 - behavioral
 - language
- “We received receptive & expressive emotions, listening, and increased happiness and a connection via eye contact/smiles” [R12]

RQ4: Benefits of music therapy

- emotional
 - behavioral
 - language
- “doesn't throw tantrums as often, doesn't hit the younger sibling as often, does homework, washes more often, [and] started going on school field trips” [R33]

RQ4: Benefits of music therapy

- emotional
 - behavioral
 - language
- “My son can speak in sentences instead of phrases. Better attention. Quicker processing of questions he was asked and shorter time to respond.” [R6]

RQ2: Motivations for discontinuing music therapy

Out of 13 parents

- unavailability of MT (N=4)
- a conflict in schedule (N=3)
- received maximum benefit (N=2)

RQ5: Desired changes in music therapy

- individualized/diverse programs (n=9)
- accessibility (n=8)
- awareness (n=6)
- lowered cost (n=4)
- acknowledgement from organizations (n=3)

RQ5: Desired changes in music therapy

“We need providers in central Illinois that is **affordable and available**. We found no one in the area to help. We travelled to Texas for our initial treatment and then continued at home with **very little outside help**. I am not a music teacher and this took the fun element out of the therapy for my son.”

Respondent 1

RQ5: Desired changes in music therapy

- individualized/diverse programs (n=9)
- accessibility (n=8)
- awareness (n=6)
- lowered cost (n=4)
- acknowledgement from organizations (n=3)

RQ5: Desired changes in music therapy

“It would be nice if schools would **recognize music therapy as an educational tool** for children with disabilities. As it stands, school districts do not want to allow it in schools or to be used within a school environment.”

Respondent 10

Assistive technology for music therapy

- Teletherapy
 - remotely conducting therapy
 - remotely coaching parents
- Information organization



Assistive technology for music therapy

- **Teletherapy**
 - remotely conducting therapy
 - remotely coaching parents
- **Information organization**
raising awareness and
receiving acknowledgement





THANK YOU

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