

# Positive Outcomes in the Diagnoses on the Autism Spectrum with Music Therapy

Gossling Whitaker\*

Department of Psychiatry and Psychology, Mayo Clinic, Rochester, Minnesota, USA

## DESCRIPTION

A credentialed professional who has completed an approved music therapy program uses clinical and evidence-based music interventions to achieve specific goals within a therapeutic relationship to practice music therapy. Utilizing music therapeutically to treat social, behavioral, psychological, linguistic, physical, sensory-motor, and/or cognitive functioning is a well-established allied health profession. Unusual results are conceivable since music therapy is a potent and non-threatening medium.

Behavioral, biological, developmental, educational, humanistic, adaptive music therapy, and/or other models may all be used in music therapy. One's quality of life is improved by music therapy, which involves interactions between the individual and a trained music therapist, as well as between individuals, families, and the music itself. These connections are organized and modified using musical elements to foster a favorable atmosphere and provide the conditions for effective development.

The targeted areas and justification for employing music therapy with people with Autism Spectrum Disorder (ASD) are represented by the following statements:

- The appeal of music is widespread. It acts as a link between people and/or between people and their surroundings in a safe context, promoting connections, learning, self-expression, and communication. Music captures and helps maintain attention. It may be used as a natural "reinforcer" for desired reactions because it is highly motivating.
- In order to improve participation in more suitable and socially acceptable ways and to lessen negative and/or self-stimulatory responses, individuals may benefit from music therapy. Those who cannot speak a language can engage, communicate, and express themselves through music therapy. The improvement of verbal communication, speech, and language skills is frequently aided by music therapy. In order to accommodate and address the communication styles of autistic children and adults, shared play, listening, and responding to another person are enhanced interpersonal timing and reciprocity in music therapy.

- People with ASD who receive music therapy can better recognize and express their feelings.
- Due to the fact that music is processed in both hemispheres of the brain, it can boost cognitive function and be utilized to improve some speech and language abilities. According to recent studies, music may activate brain areas that are similar to the human mirror neuron system.
- Concrete, multisensory stimulus is provided by music (auditory, visual, proprioceptive, vestibular, and tactile).
- For those with autism, the rhythmic element of music is particularly organizing for their sensory systems. As a result, music therapy can improve auditory processing as well as other sensory-motor, perceptual/motor, gross, and fine motor skills.
- In the context of music therapy, musical elements and structures offer a sense of security and familiarity, helping people with ASD to try new things within a structured but adaptable environment.
- The qualities that are emphasized in music therapy can then be used to address each person's areas of need. Since many persons with ASD have natural musical abilities, music therapy offers a chance for positive outcomes.

## CONCLUSION

For the purpose of affecting behavioral changes and promoting the development of abilities, music therapy offers a distinctive array of musical experiences in a purposeful and developmentally appropriate way.

The majority of people with ASD react favorably to music, according to the research. Music is a fantastic therapeutic tool for working with people with ASD since they frequently exhibit an increased interest in and response to it.

The most fundamental human response, regardless of level of ability or infirmity, is music. Patients can start out at their own level and move further from there with the help of music therapists. Due to its adaptability, music is a medium that can be customized to each person's needs. Music is joyful and inspiring. Relaxation, relatedness, education, and self-expression can all be facilitated by music. Multiple developmental concerns are

**Correspondence to:** Gossling Whitaker, Department of Psychiatry and Psychology, Mayo Clinic, Rochester, Minnesota, USA, E-mail: gossling.whitaker@mgh.harvard.edu

**Received:** 25-Aug-2022, Manuscript No. AUO-22-19689; **Editor assigned:** 30-Aug-2022, PreQC No. AUO-22-19689 (PQ); **Reviewed:** 13-Sep-2022, QC No. AUO-22-19689; **Revised:** 20-Sep-2022, Manuscript No. AUO-22-19689 (R); **Published:** 27-Sep-2022, DOI: 10.35248/2165-7890.22.12.339

**Citation:** Whitaker G (2022) Positive Outcomes in the Diagnoses on the Autism Spectrum with Music Therapy. Autism Open Access. 12:339

**Copyright:** © 2022 Whitaker G. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

addressed concurrently in music therapy. Opportunities for achievement and mastery that are success-oriented can be found in music therapy. Music's inherent structure and sensory input

support the establishment of response and role expectations, constructive relationships, and organizational structures.