

Music Therapy



Belmore School currently employs one Registered Music Therapist (RMT) four days per week to design and implement the music therapy program. Each classroom participates in a one-hour group session every week. Based on therapeutic need, a small number of students also participate in 1:1 programs with the Music Therapist.

Aims and goals of the Music Therapy program

The program aims to promote the students' ILP through the planned and creative use of music-based activities.

Specific goals can include developing:

Communication skills: including receptive and expressive, verbal and non-verbal, are often used in sessions

Academic skills: literacy and numeracy through music, concepts related to the Unit Of Learning for each term (for example Weather, Transport, People in the Community, etc)

Motor skills: gross and fine motor skills through instrumental play

Social Skills: appropriate social interaction with fellow students, including sharing, turn-taking, teamwork

Emotional skills: giving students an opportunity for emotional expression, developing their sense of self-identity

Techniques used include:

Singing familiar songs, writing original songs, movement to music, dancing, instrument playing, action songs, sensory games and activities, vocal play.

The RMT also assists in the planning of special performances, programs, and excursions, including: In-house school concerts, Excursions to hear the Melbourne Symphony Orchestra, other primary school choirs, etc., and visits to The SNAD at the Arts Centre.

