

Music Therapy

Music Therapy uses music to motivate and support students to improve educational, cognitive, emotional and physical development.

Belmore's music therapist supports and encourages each student and their individual strengths. Our program strives to develop and enhance transferable skills applicable to various areas of their lives.

Participating in music therapy does not require any prior musical skill. Our therapist develops accessible ways for our students to engage in the music they love.

Speech & Communication Skills

We use music to develop and facilitate communication, incorporating verbal and/or Augmented Communication (AAC systems)

Social Skills

Our music therapy program helps children build genuine relationships, fostering cooperation, and teamwork while forming meaningful connections with their peers.

Movement & Coordination

Engaging in movement activities and instrumental play allows a motivating way for students to build motor skills and coordination, foster strength, balance, and spatial awareness.



Wellbeing & Emotional Regulation

Music therapy can provide a nurturing environment where children learn to effectively regulate their emotions, building emotional resilience and promoting overall wellbeing.

Self-Confidence

Through creative musical expression and discussion, our music therapy program nurtures self-confidence in students. We aim to empower our students to embrace their abilities and grow with newfound belief in themselves.

Educationally Aligned

Our music therapy program is designed to be an alternate and highly motivating way for our students to access the curriculum.