



Autism Advisory and Support Service

"Empowering children & adults with autism
and their families through knowledge & support"

Music Therapy

What is Music Therapy?

Music therapy is a nationally recognised Allied Health service. It is an evidence-based practice provided by a Registered Music Therapist (RMT). The RMT will tailor interventions to each individual's health and wellbeing needs, using musical experiences to support non-musical goals.

How can music therapy at AASS support me?

At the Autism Advisory and Support Service (AASS) our Registered Music Therapist provides 60-minute individual therapy sessions to support individuals with Autism. In addition to being a creative outlet, Music Therapy can be used to assist individuals with:

- Social skills i.e., turn taking, parallel play etc.
- Communication and speech development
- Motor skills i.e., fine and gross movements, core strength
- Cognitive skills i.e., decision making, transitions, sequencing
- Emotional expression and regulation

**For more information or to make an appointment with one of our team,
please call (02)9601 2844.**

***Autism Advisory and Support Service (AASS) has a range of therapists including
Speech Therapists, Music Therapists, Occupational Therapist,
Art Therapist and Psychologists.***

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