

# Angelman syndrome (AS)

## Music Therapy

Music therapy focuses on meeting therapeutic aims, which distinguishes it from musical entertainment or music education. It allows an individual's abilities to be strengthened and new skills to be transferred to other areas of a person's life.

Music Therapy programs are very suitable for those with Angelman Syndrome, as they address a variety of objectives, including socialisation, communication (verbal/nonverbal), relaxation, stimulation, pain or stress management, emotional expression or coping, self-expression, self-esteem, motivation, independence, and physical, motor and cognitive skills.

Read more on:

- [Benefits of Music Therapy](#)
- [Music Therapy & Angelman Syndrome Fact Sheet](#)

Therapy research demonstrates the effectiveness of music therapy programs in many areas including: Physical rehabilitation, speech/language & communication, movement, emotional support for clients and their families, effect on mood and affect growth, physiological responses (eg heart rate, respiration), neurophysiological functioning, pain perception.

More about music therapy in NZ, here:

- [Music Therapy New Zealand](#)
- [Raukauri Music Therapy Centre, Auckland](#)