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A Research Report of Music Therapy on Autistic Children

Abstract: The author of this paper carries on a six-month period of music therapy on an autistic child “Xinxin” who is ready to enter the elementary school to study. The author first evaluates the situation of his autism by using “Evaluation Form of Music Therapy on Autistic Children” designed by Beijing Gaotian Music Therapy Center. The author then sets the long-term goals and the short-term goals of the music therapy, making Xinxin’s picture talk ability and interpersonal ability the focus of the research. Meanwhile, the author has been trying to improve these two kinds of ability of Xinxin through improvisational music therapy、recreative music therapy and receptive music therapy so as to improve his living ability in the elementary school. The music therapy is still now going on, and has obtained apparent effect.

Key Words: autistic children; music therapy; picture talk; interpersonal communication