



resources for
autism
resourcesforautism.org.uk

MUSIC THERAPY

Specialist music therapy for people
with autism

Music therapy uses music, words and play to create a safe, contained space and foster a positive therapeutic relationship.

At RfA our music therapists draw on a range of songs, games and activities in their work and develop aims to suit the needs of each individual.

The benefits of music therapy can include;

- enhanced communication and self-expression
- emotional containment and reduced anxiety
- developed awareness of self and others
- improved listening skills and capacity to share
- increased focus and concentration span
- more flexible and creative play

RfA run individual and group music therapy sessions, all of which take place at our centre: 858 Finchley Road, London, NW11 6AB

Applications can be made by completing an online referral on our website: www.resourcesforautism.org.uk

For more information call Hugh or Ffion on 020 8458 3259 or email Hugh@resourcesforautism.org.uk or FAynsley@resourcesforautism.org.uk

There is a charge for this service but subsidised places are available for those on low income.

Resources for Autism, 858 Finchley Road, London, NW11 6AB
Telephone: 020 8458 3259 Charity Number: 1061253

