

MUSIC THERAPY

for autism & adhd

Professional training course
36 Training Hours + 9 Hours Graduation Project

Accredited by: German Jordanian University / Consultation and
Training Center Success Ed



about the course

The Music Therapy for Autism and ADHD Course is a specialized, evidence-based training program designed for professionals and students in psychology, education, special needs, and human development.

This course explores the scientific and therapeutic foundations of Music Therapy (MT) as a tool for supporting individuals with Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD).

Through theoretical study, clinical case analysis, and practical workshops, participants will gain a deep understanding of how music can be used as a structured therapeutic medium to enhance communication, attention, social interaction, and emotional regulation.



course outline

36 Training Hours + 9 Project Hours)

Module 1 – Introduction to Music Therapy (6 hours)

- Definition, origins, and theoretical foundations.
- Historical evolution and scientific recognition.
- Role of the music therapist and ethical considerations.



AUTISM
AWARENESS DAY

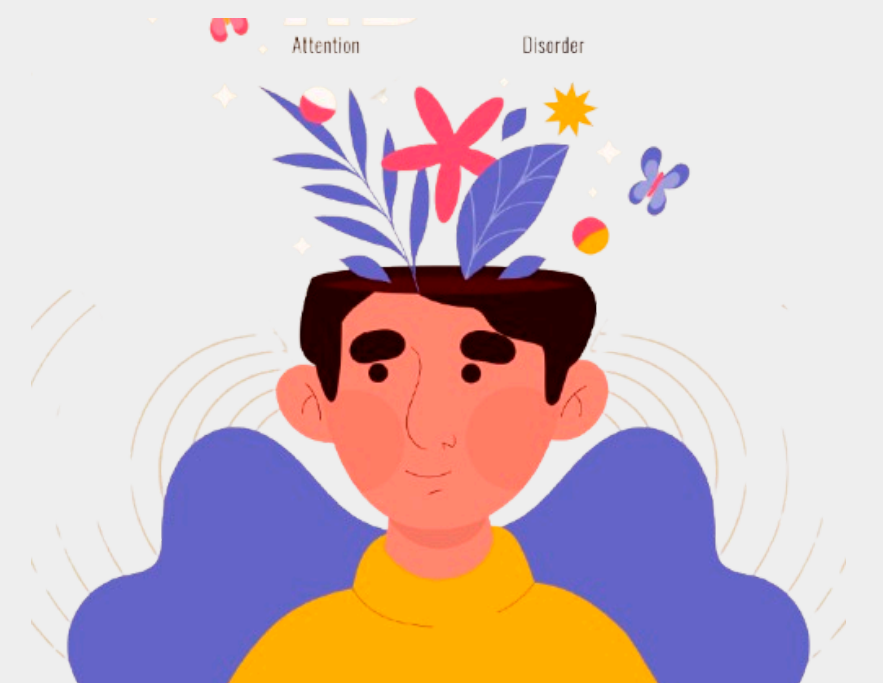


Module 2 – Understanding Autism Spectrum Disorder (ASD) (9 hours)

- Historical background and discovery of ASD.
- Types and spectrums: mild, moderate, severe.
- Behavioral and communication characteristics.
- Music Therapy interventions for each spectrum.

Module 3 – Understanding ADHD (9 hours)

- History and diagnostic evolution of ADHD.
- Types and severity: Inattentive, Hyperactive–Impulsive, Combined.
- Cognitive and behavioral manifestations.
- Music Therapy for improving attention, focus, and emotional control.



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Module 4 – The Science of Music and the Brain (9 hours)

- Neurological influence of rhythm and melody on brain function.
- Sound stimulation and emotional regulation.
- Neuroplasticity and sensory integration case studies.



Module 5 – Therapeutic Techniques and Models (9 hours)



GET YOUR LIFE STRAIGHT

- Active and receptive methods in Music Therapy.
- Using instruments, voice, improvisation, and movement.
- Structuring therapeutic sessions for children, adolescents, and adults.

Module 6 – Designing Music Therapy Programs (9 hours)

- Client assessment and goal-setting.
- Developing individualized treatment plans.
- Monitoring progress and evaluating results.



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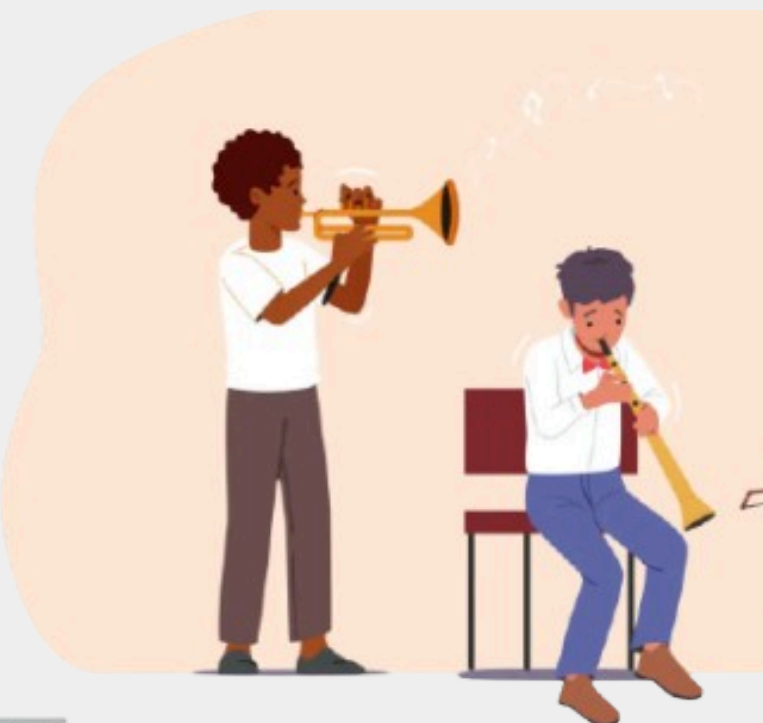
Module 7 – Family and School Integration (6 hours)

- Involving families and educators in therapy plans.
- Integrating Music Therapy in school and rehabilitation environments.
- Collaborative, multidisciplinary approaches.



Module 8 – Practical Workshop & Case Studies (6 hours)

- Supervised practice and observation.
- Role-play, simulations, and live demonstrations.
- Analysis and reflection on real-life cases.



Module 9 – Graduation Project (9 hours)

- Participants will design and present a Music Therapy project addressing ASD or ADHD intervention.
- Projects will be evaluated based on scientific accuracy, creativity, and therapeutic effectiveness.



About Success Edu Hub Academy

SUCCESS Edu Hub Academy (SEH Academy) is a leading training and development institution in Amman, Jordan, offering professional programs and international certifications in psychology, mental health, Known for its practical, application-focused training, SEH collaborates with expert trainers and universities such as the German Jordanian University (GJU) to provide accredited, high-quality education for professionals in the Arab world. and NGO management

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