

# Modified Music Selection Descriptions

## ENGAGEMENT

### Sensory Modulation

Album Title	Elements of Music	Clinical Applications
Links to Modulation	<ul style="list-style-type: none"> <li>• Generic synthesized music</li> <li>• Simple melodic structure</li> <li>• Simple rhythm</li> <li>• Little depth or spaciousness</li> <li>• High contrast between high and low frequencies (foreground/background)</li> </ul>	<ul style="list-style-type: none"> <li>• Sensory modulation difficulties</li> <li>• Auditory defensiveness</li> <li>• Disruptions in homeostatic functions (sleep/wake, bowel/bladder, appetite cycles)</li> <li>• Stiffness in middle ear muscles due to ear infections</li> </ul>
Links to Space	<ul style="list-style-type: none"> <li>• Refer to Engagement: Space category for description</li> </ul>	
Rhythm & Rhyme	<ul style="list-style-type: none"> <li>• Familiar children's songs</li> <li>• Voice accompanied by piano, guitar, and flute</li> <li>• Simple melodic structure</li> <li>• Simple rhythm</li> <li>• Captivating and generally well-accepted music</li> </ul>	<ul style="list-style-type: none"> <li>• Sensory modulation difficulties</li> <li>• Pre-school client, especially when wearing headphones may be an issue</li> <li>• Facilitation of core activation</li> <li>• Promotion of vocalizations, singing, and phonological awareness</li> </ul>
Peach Jamz	<ul style="list-style-type: none"> <li>• Familiar children's songs</li> <li>• Gentle voice accompanied by guitar, piano, and cello</li> <li>• Piano provides structure, time is clearly marked by guitar, and cello enhances body awareness and grounding for place in space</li> <li>• Simple melodic structures</li> <li>• Simple rhythm</li> </ul>	<ul style="list-style-type: none"> <li>• Sensory modulation difficulties</li> <li>• Opens windows for vocalizations, emotional tone, and connectedness</li> <li>• Promotion of body-voice connection with expression of the physical me</li> <li>• Facilitates core activation</li> </ul>
Razzberry Jamz	<ul style="list-style-type: none"> <li>• Classic children's songs that appeal to a wide age range</li> <li>• Jazzy improvisations</li> <li>• Varied instrumentation with simple, rhythmical structure</li> </ul>	<ul style="list-style-type: none"> <li>• Sensory modulation difficulties</li> <li>• Opens windows for social connectedness</li> <li>• Facilitates core movement and motor planning</li> </ul>
Early Mozart	<ul style="list-style-type: none"> <li>• Mozart's earlier work, composed at age 13</li> <li>• Compositions are lighter and less intense than his later pieces</li> <li>• Small orchestra gives the pieces a sense of intimacy</li> </ul>	<ul style="list-style-type: none"> <li>• Sensory modulation difficulties</li> <li>• Effective for improving overall regulation of arousal and mood</li> <li>• Increases social connectedness and reciprocity</li> <li>• Encourages a calm, quiet-alert state</li> </ul>
Mozart for Modulation	<ul style="list-style-type: none"> <li>• Piano, flute, and orchestra</li> <li>• Piano provides structure and grounding Flute invites attention outward</li> <li>• Inherent dialogue within music with conversational call and response (arrhythmic symmetry)</li> <li>• Simple melodies woven together in storyline- type structure</li> <li>• Instrumentation provides foreground (focal), while accompaniment provides background (ambient)</li> </ul>	<ul style="list-style-type: none"> <li>• Sensory modulation difficulties</li> <li>• Enhancement of language skills and social skills, especially in younger clients</li> <li>• Auditory-figure ground modulation</li> <li>• Organization of overall activity level</li> </ul>

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### Space

Album Title	Elements of Music	Clinical Applications
Links to Space	<ul style="list-style-type: none"> <li>• Generic synthesized music</li> <li>• Nature sounds and acoustic instruments enhance spatial qualities and perception</li> <li>• Simple melodic structure</li> </ul>	<ul style="list-style-type: none"> <li>• Sensory modulation</li> <li>• Poor spatial awareness and spatial organization</li> <li>• Low frequency sound sensitivities (vacuum, blender, lawn mower, etc.)</li> <li>• Not focused or outwardly connected</li> </ul>
Nature Pop	<ul style="list-style-type: none"> <li>• Familiar musical selections interwoven with nature sounds</li> <li>• Voice accompanied by strings, piano, flute, woodwinds, percussion, and nature sounds</li> <li>• Simple melodic structure Very rhythmical</li> </ul>	<ul style="list-style-type: none"> <li>• Poor spatial awareness and spatial organization</li> <li>• Core activation with emotional tone</li> <li>• Facilitation of auditory-motor integration and postural organization</li> <li>• Sensory modulation</li> </ul>
Nature Winds	<ul style="list-style-type: none"> <li>• Simple, innocent, flowing, melodic structure</li> <li>• Varied rhythm of slow and lively interwoven with dance movements</li> <li>• Displays Mozart's profound talent for composing and blending a vast range of sounds               <ul style="list-style-type: none"> <li>○ Utilizes thirteen wind instruments without loss of expression</li> <li>○ Instrumentation: clarinet, oboe, bassoon, double bass, basset horn</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Poor spatial awareness</li> <li>• Poor social or academic organization</li> <li>• Attention</li> </ul>
Nature Classics	<ul style="list-style-type: none"> <li>• This music selection has classical pieces from Bach and Carulli</li> <li>• This music lends itself to helping with organization, focus and structure</li> <li>• Played by small groups of musicians, thus helping with following the melody (sequencing) and not overwhelming one with a full orchestra</li> <li>• The combinations are:               <ul style="list-style-type: none"> <li>○ Flute and Piano</li> <li>○ Flute and Guitar</li> <li>○ Violin, Flute and Guitar</li> </ul> </li> <li>• The rhythms, as well as, the tempos vary</li> <li>• Several tracks feature a structural persistent beat, helping with task completion</li> <li>• Offers a clear auditory space, while also providing richness in the textures contained within the matrix of benign nature surround</li> <li>• Overall a very strong album for organization and discrimination</li> </ul>	<ul style="list-style-type: none"> <li>• Refinement of spatial awareness and spatial organization</li> <li>• Difficulties with academic organization, motivation, and attention</li> <li>• Refinement of postural organization and facilitating grounded attention outward due to the melodies that invite a focused attentiveness while keeping the space around you present</li> </ul>

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## INTERACTION

Album Title	Elements of Music	Clinical Applications
Rhythm and Rhyme	<ul style="list-style-type: none"> <li>• Refer to Engagement category for description</li> </ul>	
Peach Jamz	<ul style="list-style-type: none"> <li>• Refer to Engagement category for description</li> </ul>	
Razzberry Jamz	<ul style="list-style-type: none"> <li>• Refer to Engagement category for description</li> </ul>	
Apricot Jamz	<ul style="list-style-type: none"> <li>• Familiar musical selections revolving around jungle themes</li> <li>• Simple to complex melodies with subtle improvisation</li> <li>• Rhythm is dominant feature</li> <li>• Percussion and drums reinforce sound patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Sensory modulation</li> <li>• Promotion of bilateral integration, timing, and sequencing</li> <li>• Facilitation of auditory-motor integration, postural organization, and core activation</li> <li>• Supports higher level functions of attention, arousal, and expression</li> </ul>
Surf Jamz	<ul style="list-style-type: none"> <li>• Surf genre music with guitars (electric, rhythm, acoustic), keyboard, drums</li> <li>• Guitar marks time</li> <li>• Simple, repetitive melodic structure grounds listener</li> <li>• Strong varying rhythms are captivating</li> <li>• Low spectral predominance</li> </ul>	<ul style="list-style-type: none"> <li>• Sensory modulation, especially sensory seeking</li> <li>• Refinement of timing and sequencing</li> <li>• Facilitation of postural organization and core activation</li> <li>• Strong need for physical intensity</li> <li>• Good initial selection for teenagers, especially grumpy boys</li> </ul>
Baroque for Modulation	<ul style="list-style-type: none"> <li>• Chamber orchestra and flute</li> <li>• Simple to complex melodies</li> <li>• Fast-slow-fast tempo</li> <li>• Fast rhythms capture attention</li> <li>• Slow rhythms impact physiology (heart rate, respiration, suck/swallow/breathe synchrony) which can calm and focus attention</li> <li>• Rich in overtones while maintaining definitive bass line</li> <li>• Overtones invite attention and engagement outward</li> <li>• Lower frequencies provide grounding and organization</li> </ul>	<ul style="list-style-type: none"> <li>• Postural activation, core activation, and breath activation</li> <li>• Subtle modulation issues</li> <li>• Activation of body for engagement and interaction ("low engine")</li> <li>• Refinement of attention</li> </ul>
Pop Tunes	<ul style="list-style-type: none"> <li>• Guitar, drums, bass, keyboard</li> <li>• Electronic effects provide novelty to capture and retain attention</li> <li>• Full spectrum of sound</li> <li>• Familiarity through use of current popular music</li> <li>• Powerful rhythms in techno, rock, and slow beats ignite and support movement through variety</li> <li>• Variety of vocal styles</li> </ul>	<ul style="list-style-type: none"> <li>• Postural activation</li> <li>• Energizing</li> <li>• Increased affective expression</li> <li>• Supports motor planning, bilateral integration and praxis</li> <li>• Provides a rhythmic ground for interaction</li> </ul>

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## INTERACTION (cont.)

Album Title	Elements of Music	Clinical Applications
Grape Jamz	<ul style="list-style-type: none"> <li>• 2 percussionists, bass, guitar, piano, woodwinds</li> <li>• Basic familiar melodies with improvisation</li> <li>• Simple strong rhythms with strong bass line</li> <li>• Low spectral predominance</li> </ul>	<ul style="list-style-type: none"> <li>• Postural organization and core activation</li> <li>• Basic timing</li> <li>• Auditory-motor integration</li> <li>• Sensory modulation, especially seeking the need for more information from vestibular and proprioceptive senses</li> </ul>
Strawberry Jamz	<ul style="list-style-type: none"> <li>• Classic and contemporary client's songs</li> <li>• Voice accompanied by strings, piano, flute, woodwinds, percussion, and nature sounds</li> <li>• Strings (cello, guitar, banjo, bass) provide organization for body movement</li> <li>• Piano offers structure for organization</li> <li>• Flute and woodwinds capture attention and foster connection and communication</li> <li>• Percussion captures and maintains attention</li> <li>• Simple melodic structure</li> <li>• Very rhythmical</li> </ul>	<ul style="list-style-type: none"> <li>• Core activation with emotional tone</li> <li>• Connectedness</li> <li>• Language/communication skills</li> <li>• Sensory modulation</li> <li>• Increasing range of affective expression</li> </ul>
Vivaldi for Modulation	<ul style="list-style-type: none"> <li>• Concerto and full orchestra</li> <li>• String, lute, bassoon, recorder, piccolo, violin, harpsichord</li> <li>• Fast-slow-fast tempo (60 beats/minute)</li> <li>• Fast rhythms capture &amp; maintain attention</li> <li>• Slow rhythms entrain biological rhythms to support quiet, alert state</li> <li>• Melodic structure ranges from simple to complex</li> <li>• Mid-high spectral predominance</li> </ul>	<ul style="list-style-type: none"> <li>• Refinement of sensory modulation, orientation, &amp; postural activation</li> <li>• Poor auditory processing in complex environments</li> <li>• Difficulty discriminating background/foreground sounds</li> <li>• Sensitivity to sounds in higher frequency range, including speech</li> <li>• Refinement of attention, language, and academic skills</li> </ul>
Bach for Modulation	<ul style="list-style-type: none"> <li>• Concertos</li> <li>• Violin, cello, harpsichord, orchestra</li> <li>• Harpsichord marks time and grounds listener</li> <li>• Violin elicits precise focus</li> <li>• Intricate melodic structures seamlessly integrated together</li> <li>• Weaves between fast and slow tempos</li> <li>• Strong rhythms invite active mental and physical engagement</li> <li>• Slower rhythms (60-72 beats/min.) entrain suck/swallow/breathe synchrony and quiet, alert learning state</li> <li>• High spectral predominance</li> <li>• Used later in a listening program when sensory modulation issues have improved</li> </ul>	<ul style="list-style-type: none"> <li>• Refinement of postural activation, core activation, and breath activation</li> <li>• Refinement of connection</li> <li>• Refinement of modulation</li> <li>• Refinement of attention and receptive learning (i.e. spelling, vocabulary, facts)</li> </ul>

# Modified Music Selection Descriptions

## DISCRIMINATION

<b>Album Title</b>	<b>Elements of Music</b>	<b>Clinical Applications</b>
Peach Jamz	<ul style="list-style-type: none"> <li>Refer to the Engagement category for description</li> </ul>	
Early Mozart	<ul style="list-style-type: none"> <li>Refer to the Engagement category for description</li> </ul>	
Mozart for Modulation	<ul style="list-style-type: none"> <li>Refer to the Engagement category for description</li> </ul>	
Strawberry Jamz	<ul style="list-style-type: none"> <li>Refer to the Interaction category for description</li> </ul>	
Baroque for Modulation	<ul style="list-style-type: none"> <li>Refer to the Interaction category for description</li> </ul>	
Vivaldi for Modulation	<ul style="list-style-type: none"> <li>Refer to the Interaction category for description</li> </ul>	
More Mozart for Modulation	<ul style="list-style-type: none"> <li>Concertos featuring piano, violin, flute, harp, and cello</li> <li>Piano supports organized body movement</li> <li>Flute invites attention outwards</li> <li>Arrhythmic phrases in a rhythmic fashion</li> <li>Melodies weaved together in storyline-type structure</li> <li>More complex and more emotional tone than Mozart for Modulation</li> <li>Used later in a listening program when sensory modulation issues have improved</li> </ul>	<ul style="list-style-type: none"> <li>Refinement of modulation</li> <li>Refinement of connection and social turn-taking</li> <li>Refinement of attention and academics</li> <li>Difficulties with oral motor and respiratory function; Entrained suck/swallow/breathe rhythms</li> <li>Enhances auditory discrimination</li> </ul>
Mozart Strings #1	<ul style="list-style-type: none"> <li>Three Mozart string quartets</li> <li>Two violins, viola, and cello</li> <li>Short melodic phrases are interwoven with each member having a voice</li> <li>Complex rhythms with arrhythmic symmetry</li> <li>Overtone quality of strings are most similar to human voice and provide powerful emotion expression within music</li> <li>Used later in a listening program when sensory modulation issues have improved</li> </ul>	<ul style="list-style-type: none"> <li>Refinement of attention</li> <li>Refinement of academics and pragmatics</li> <li>Refinement of modulation</li> <li>Enhances auditory discrimination in complex environments</li> </ul>
Bach for Modulation	<ul style="list-style-type: none"> <li>Refer to the Interaction category for description</li> </ul>	