

Modified Music Selection Descriptions

ENGAGEMENT

Sensory Modulation

Album Title	Elements of Music	Clinical Applications
Links to Modulation	<ul style="list-style-type: none"> • Generic synthesized music • Simple melodic structure • Simple rhythm • Little depth or spaciousness • High contrast between high and low frequencies (foreground/background) 	<ul style="list-style-type: none"> • Sensory modulation difficulties • Auditory defensiveness • Disruptions in homeostatic functions (sleep/wake, bowel/bladder, appetite cycles) • Stiffness in middle ear muscles due to ear infections
Links to Connection	<ul style="list-style-type: none"> • Generic keyboard music • Flowing and uncomplicated rhythmical structure • Comforting melodies move the listener towards an adaptive state • Relaxing without pervasive or dominant arrangement 	<ul style="list-style-type: none"> • Sensory modulation difficulties • Auditory defensiveness and reactivity • Constricted or vacillating range of arousal and affect • Soothing for individuals prone to dysregulation or anxiety • Provides rhythmical foundation for relaxation
Links to Space	<ul style="list-style-type: none"> • Refer to Engagement: Space category for description 	
Rhythm & Rhyme	<ul style="list-style-type: none"> • Familiar children's songs • Voice accompanied by piano, guitar, and flute • Simple melodic structure • Simply rhythm • Captivating and generally well-accepted music 	<ul style="list-style-type: none"> • Sensory modulation difficulties • Pre-school client, especially when wearing headphones may be an issue • Facilitation of core activation • Promotion of vocalizations, singing, and phonological awareness
Peach Jamz	<ul style="list-style-type: none"> • Familiar children's songs • Gentle voice accompanied by guitar, piano, and cello • Piano provides structure, time is clearly marked by guitar, and cello enhances body awareness and grounding for place in space • Simple melodic structures • Simple rhythm 	<ul style="list-style-type: none"> • Sensory modulation difficulties • Opens windows for vocalizations, emotional tone, and connectedness • Promotion of body-voice connection with expression of the physical me • Facilitates core activation
Razzberry Jamz	<ul style="list-style-type: none"> • Classic children's songs that appeal to a wide age range • Jazzy improvisations • Varied instrumentation with simple, rhythmical structure 	<ul style="list-style-type: none"> • Sensory modulation difficulties • Opens windows for social connectedness • Facilitates core movement and motor planning
Early Mozart	<ul style="list-style-type: none"> • Mozart's earlier work, composed at age 13 • Compositions are lighter and less intense than his later pieces • Small orchestra gives the pieces a sense of intimacy 	<ul style="list-style-type: none"> • Sensory modulation difficulties • Effective for improving overall regulation of arousal and mood • Increases social connectedness and reciprocity • Encourages a calm, quiet-alert state

Mozart for Modulation	<ul style="list-style-type: none"> • Piano, flute, and orchestra • Piano provides structure and grounding Flute invites attention outward • Inherent dialogue within music with conversational call and response (arrhythmic symmetry) • Simple melodies woven together in storyline- type structure • Instrumentation provides foreground (focal), while accompaniment provides background (ambient) 	<ul style="list-style-type: none"> •Sensory modulation difficulties •Enhancement of language skills and social skills, especially in younger clients •Auditory-figure ground modulation •Organization of overall activity level
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Space

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

Modified Music Selection Descriptions

INTERACTION

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

Modified Music Selection Descriptions

INTERACTION (cont.)

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

Modified Music Selection Descriptions

DISCRIMINATION

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