

## Therapeutic Support Albums

Therapeutic Support Albums are both organizing and energizing. They all have a strong rhythmic intensity which supports motor skills, timing, and praxis. It is critical to match as closely as possible the rhythm of the music to the rhythm of the movement - the closer the match, the more powerful the effect. When a good match occurs, the rhythmic activity can increase muscle co-contraction, muscle fiber firing, and sustained muscle contraction. Therapeutic Support albums cover many styles and types of music. They range from non-modulated versions of the Kidz Jamz series to more meditative music done with chants, Tibetan bowls, or sacred drums. These albums should only be played over speakers.

Album Title	Elements of Music	Clinical Applications
Grape Jamz	2 percussionists, bass, guitar, piano, woodwinds Basic familiar melodies with improvisation Simple strong rhythms with strong bass line Low spectral predominance	Body movement Basic timing Postural organization Core activation Vestibular activation Inspires movement
Jungle Jamz	Familiar musical selections revolving around jungle themes Simple to complex melodies with subtle improvisation Rhythm is dominant feature Percussion and drums reinforce sound patterns	Bilateral integration/coordination Timing and sequencing Motor planning Core activation Inspires movement
Peach Jamz	Familiar children's songs Gentle voice accompanied by piano, guitar, and cello Simple melodic structure Simple rhythms	Encouragement of vocalizations Connectedness Easing transitions Promoting a calm environment
Razzberry Jamz	Jazzy, improvised children's songs Simple rhythms	Maintaining focus and attention Novel expression encourages more complex thought Homework time
Surf Jamz	Surf genre music with guitars (electric, rhythm, acoustic), keyboard, drums Simple, repetitive melodic structure grounds listener Strong varying rhythms are captivating Low spectral predominance	Postural organization Body movement Core activation Energetic, imaginative child-therapist connection Vestibular activation Timing and sequencing
Strawberry Jamz	Classic and contemporary children's songs Voice accompanies by strings piano, flute, woodwinds, percussion, and nature sounds Simple melodic structure Very rhythmical	Engagement Connection Vocalization Emotional response Body movement

<b>Album Title</b>	<b>Elements of Music</b>	<b>Clinical Applications</b>
Chakra Chants	Male chanting Vocal harmonics Tibetan bowls and bells Tuning forks	Connection with self Groundedness
No Worries	Daily routines set to children's songs Simple rhythms Melodic voice	Body movement Connection
Sacred Earth Drums	Drums Rattles Flutes	Connection with self Groundedness Spatial awareness
Sacred Spirit Drums	Drums Rattles Flutes	Connection with self Groundedness Spatial awareness
Spirit of the Forest	Vocalizations Percussion Strings Wind instruments Guitar	Body movement Vocalizations Connectedness Groundedness
Tibetan Golden Bowls	Tibetan Golden Bowls	Connection with self
Gregorian Anthology	Chant master and group Voice contains frequencies of voice spectrum from 70 to 9000 Hz No tempo, only rhythm Biological rhythm of slowest possible breath rate Simple, mundane melodic structure Sense of vertical structure captured by tones ranging from low to high	Body organization Sensory modulation