

Music therapy with children and adolescents in mainstream schools: A systematic review.

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Abstract

This article identifies existing research and clinical activity utilising music therapy with mainstream children, and a potential need for music therapy with this client group. A systematic review was undertaken of music therapy literature relating to work with children in mainstream schools. Sixty papers were identified, 12 of which were outcome studies. Statistical and government data provided a background to the current status and needs of children in the UK.

The review found that emotional and social wellbeing needs of children in the UK have been identified as a priority to be addressed by the UK government. However further research, service-planning and reorganisation is required. There is evidence that music therapy is being used with children in mainstream schools both at home and abroad, and both research and clinical reports suggest that music therapy is an effective intervention. The review demonstrates that further research is required if music therapy is to be considered an effective intervention to address the needs of mainstream schoolchildren.