

**‘Specialization in ICTs and Special Education: Psychopedagogy of Integration’  
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DEMOKRITUS UNIVERSITY OF THRACE Department of Hellenic Philology  
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**AUTISM AND MUSIC THERAPY**

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POSTGRADUATE  
THESIS

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## **Περίληψη**

Η παρούσα εργασία παρουσιάζει τη μουσικοθεραπεία ώστε θεραπευτική προσέγγιση του αυτισμού. Στο πρώτο κεφάλαιο γίνεται μια συνοπτική ανασκόπηση του φάσματος των αυτιστικών διαταραχών και αναλύει την ιστορία του, τη διάγνωση, την κλινική εικόνα και τις προτεινόμενες θεραπείες. Εν συνεχεία εξετάζεται η μουσική ως μέσο θεραπείας από την αρχαιότητα έως σήμερα με πηγές αρχαίων γραπτών και επιστημονικών ερευνών. Πριν προχωρήσουμε στο κυρίως μέρος της εργασίας προσεγγίζεται η εφαρμογή της μουσικής κατά τη διάγνωση, την αξιολόγηση και τη θεραπεία των παιδιών με ειδικές ανάγκες γενικά. Έπειτα παρουσιάζεται αναλυτικά η επιστήμη της μουσικοθεραπείας και το επάγγελμα του μουσικοθεραπευτή ενώ τέλος αναφερόμαστε εκτενώς στην αποτελεσματικότητα της μουσικοθεραπείας και προτεινόμενες δραστηριότητες για τα παιδιά που έχουν διαγνωστεί με αυτιστική διαταραχή.

## **Abstract**

This thesis presents music therapy as a therapeutic approach of autism. The first chapter summarizes the spectrum of autistic disorders and analyzes its history, diagnosis, clinical image and proposed treatments. Subsequently, music is demonstrated as a means of treatment from antiquity to date with sources of ancient written scripts and scientific research. Before moving on to the main part of thesis, the application of music is approached on diagnosing, evaluating and treating children with special needs in general. Then we discuss the science of music therapy and the profession of music therapist, while we extensively refer to the effectiveness of music therapy and the proposed activities for children diagnosed with autistic disorder.

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