



RETT SYNDROME ASSOCIATION UK

113 Friern Barnet Road. London N11 3EU

Tel: 0870 770 3266 Fax: 0870 770 3265

Local Callers Tel: 020 8361 5161 Fax 020 8368 6123

E-mail: info@rettsyndrome.org.uk

www.rettsyndrome.org.uk

What is reported about music therapy with Rett syndrome?

Music therapy has long been considered an effective and indicated treatment for children or adults with Rett Syndrome. In particular, it has been reported in the literature that it can be helpful in developing social relatedness, attention, primary communication and also in stimulating movement, functional hand usage and learning. (Hadsell and Coleman, 1988; Montague, 1986; Wesecky, 1986; Wigram, 1991; Elefant, 2001). There is, as yet, no randomised controlled studies measuring the effectiveness of music therapy with Rett syndrome, mainly because of the small incidence and consequential difficulty in recruiting enough subjects to achieve test power, and because it is difficult to design a study where the medium is improvisational and individually adapted to each client. Replication because almost impossible. Nevertheless, there are a number of publications of research and case studies that offer some evidence.

Dr Tony Wigram

Music Therapist

Clinical Advisor to Rett Syndrome Association UK