



How do I get more information?

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The University of the State of New York
The State Education Department
Office of P-12 Education:
Office of Special Education

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**Music and Art Therapies
Pre-Vocational Services**

What is Music Therapy?

- Applying the elements of musical experience in a scientific and purposeful way to effect positive change in human behavior.
- Using music as a tool to communicate with individuals who either may not have or may not use other means of communication, or for whom music is an especially meaningful mode of communication.
- Music Therapy helps students to gain, maintain, or regain basic essential life skills by participating in structured musical experiences so that they may realize their full potential in society.

Music Therapy provides a structure which allows students to freely and creatively express themselves. Students are exposed to and participate in a variety of musical opportunities.

What is Art Therapy?

Art Therapy is an established discipline that uses the process of art-making to assist individuals in promoting well-being. Art therapists believe that by engaging in creative expression an individual will be assisted with developing skills, increasing self-knowledge and self-esteem, improving behaviors and decreasing stress.

Why Art Therapy at the NYS School for the Blind?

The emphasis of the Art Therapy program at the NYS School for the Blind is to know each student on an individual level and to draw forth the maximum potential in each student. Through a multi-sensory approach students are given the opportunity to develop skills and express their unique experiences of the world. The emphasis in art therapy is sometimes placed on the “process” or all that occurs within the art experience. The therapeutic aspect is in *creating* the work of art.

Pre-Vocational Services

Students attend the Pre-Vocational Workshop where they are exposed to activities and materials similar to those that they might encounter in future placements.

The policies and practices that might be found in an adult work setting are duplicated as much as possible. The students work to complete a variety of tasks in an environment unlike their classroom with different sounds and among different students. The workshop is supported by funds donated from the local Lions Club.

Providing instruction and hands on experiences, such as participation in a work experience with a job coach, is an integral component of the student’s secondary educational program. The performance indicators, especially those for Career Development and Occupational Studies, provide the means to assess how individuals with severe disabilities demonstrate knowledge, skills, and understanding as a consequence of their instruction and experience.