Difficulties with sensory processing are a part of many diagnoses, including autism spectrum disorder, ADHD, sensory processing disorders, anxiety disorders, and giftedness. Music teachers are likely to encounter students with sensory processing challenges both in private studio settings and in music classrooms.

Understanding sensory profiles can be complex but is essential to being able to successfully adapt music lessons for students who struggle with these issues. Since making and listening to music uses several senses, it can be both stimulating and overwhelming for such students.

In this workshop, participants will learn about different sensory profiles in students with special needs and ways to identify them, review research on how music can be used for students with different sensory processing needs, develop strategies on how to structure music lessons to minimize sensory overload and maximize positive stimulation, and learn activities that can be incorporated into music lessons for students of different abilities.