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Workshop Presentation

The Role of Art Therapy (Music and Psychodrauma) on Improvement of Anxiety in Children with Autism Spectrum Disorders(ASD)

Kaveh Moghaddam[1], Hooman Sarabi[2]

[1]Department of Exceptional Children Psychology, Science and Research Branch, Islamic Azad University, Tehran, Iran
[2]The actor Trainer, Tehran, Iran

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Abstract

ASD or Autism Spectrum Diorders are the most strange psychological disorders in which children can't show their emotions, fears and anxiety as soon as the normal children. They suffer from the social interactions , the stereotypic behaviors and verbal skills impairments and these problems can lead to withdrawal and other behavioral problems. Among the psychological strategies, art therapy is one of the most important strategies which can help to these children. Applying music or music therapy can help them to express their feelings such as anxiety via poems and music themes and also music and movements. Also, drauma can help them too. Therefore, applying them together can help them to decrease their anxiety and then improvement of self-esteem, motivation and social interactions with other peers. Then, In this workshop these art therapy techniques will be discussed.

Keywords: Art therapy, Music, Drauma, Anxiety, Autism

***Corresponding Author**: Kaveh Moghaddam
E-mail: *kaveh_m_2000@yahoo.com*

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