

Name of Curriculum: Connecting in Rhythm (CIR)

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Description: Designed by a board-certified music therapist and professional percussionist, Connecting in Rhythm (CIR), is a sensorimotor music-based treatment approach for autism and other neurophysiologic diagnoses. CIR interventions prepare the brain and body for productive functions in sensorimotor and movement irregularities by organizing functional response, altering fight-or-flight mode, and more.

CIR is a multi-faceted curriculum designed specifically to be easily accessed and applied by anyone - from experienced music therapists to individuals with limited or no prior music experience. Rhythm is the core of this program. When we begin to understand the rhythm of the world, we can begin to understand ourselves. Implementing CIR music interventions involves creating external rhythms, which encourages internal rhythms to align and connect, and promotes improved engagement and attention, and new neural connections within the brain. Additionally, CIR is informed and supportive of use with indigenous cultures. Focused goal areas include:

- Rhythm internalization
- Sequencing
- Adaptive response to environment of auditory and visual stimuli
- Speech and language
- Pacing of body movement and breath
- Auditory integration and discrimination
- Auditory-physical integration, motor planning, vestibular actions, body coordination in space
- Auditory-visual integration: see-hear sound
- Auditory-cognitive-physical coordination
- Creativity

Because CIS is action-based, all the processes leading to action are important to be considered.

THE PROCESS OF SENSORY EXPERIENCE ~ Occurs over years or in a fraction of a second

1. Sensory experience
2. Perception
3. Attention
4. Memory
5. Action

Through a sensory experience, CIR organizes the relationship of weight, time and space into a system of gestures.

- A change in weight involves a shift from gentle to firm.
- A change in time involves a shift from sudden to sustained.
- A change in space involves a shift from direct to flexible.

Targeted population: Anywhere in the world. Any one who supports an ASD child, 4 to 12 years of age

Mission: CIR is committed to providing an exceptional and easy to access sensorimotor music-based treatment approach for children on the autism spectrum and other neurophysiologic diagnoses throughout the world. CIR is a research-based curriculum that integrates cutting edge science, with creativity and compassion. Through embodied rhythm and body dynamics, regulated quick (automatic) responses to musical sounds, and enhancement of perceptive auditory acuity, a great deal of positive changes can be, and have been gained.

CIR interventions are built upon two, evidence-based philosophies that inspire every intervention within this curriculum. These are synthesized drawn from neurologic

1. CIR rhythm based sensorimotor music therapy interventions can redirect fight-flight survival-anxiety behaviors in ASD, and bring about calm and functional adaption through rhythmic embodiment that can organize the system and yield coping skills.
2. CIR music therapy interventions for rhythm embodiment can enhance “quick response” motor-planning of movement while correcting several movement inefficiencies in autism, such as:
 - a. Dynamics
 - b. Sense-of-body and self that limit social skills, language and/or relationship development
 - c. Cognition
 - d. General well-being

Vision: CIR envisions individuals with developmental and neurological challenges being empowered to achieve their maximum potential through creative and research-based techniques in CIR interventions. CIR ultimately brings people together through rhythm, with the understanding that although ASD characteristic behaviors do not appear as typical, those behaviors are indeed the norm for that system.