

EASY-READ SUMMARY

Getting to “No” You: When Nonspeaking Autistic People Refuse Music Therapy

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Nonspeaking people don't always get to make choices.

Family and staff make a lot of choices for them.

Families and staff hope music therapy will help.

Nonspeaking people may feel like they have to go to music therapy.

That they are not allowed to say “no.”

I am a music therapist.

I want nonspeaking people to know it is okay if they do not want music therapy.

It can be hard to say “no” when people feel afraid.

Music therapists can pay attention to how nonspeaking people say “no.”

This can take a long time.

People learn they do not have to have music therapy if they do not want to.

People feel happier and safer when they make their own choices.

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