Introduction:
Music therapy has been found to improve communication skills in children with autism spectrum disorders (ASD) (1). This improvement is due to the nature of music therapy, which involves active participation, engagement, and the use of music to facilitate communication (2). This review aims to provide an overview of the benefits and challenges of using music therapy with children with ASD, with a focus on its impact on communication skills.

Methodology:
This study reviewed existing literature on the use of music therapy in the treatment of ASD. A search of relevant databases was conducted, and studies that met the inclusion criteria were included. The results were transferred into an Excel document for further analysis.

Results:

- There were 1,153 thought units.
- Reliability: 0.93

- Benefits:
  - Increased motivation: Music provides a means for individuals to express themselves and can motivate them to participate in communication activities.
  - Increased flexibility: Music therapy can help individuals learn new ways to communicate, such as using gestures or face expressions.

- Challenges:
  - Increased anxiety: Some individuals may experience increased anxiety during music therapy sessions.
  - Increased frustration: Individuals may become frustrated if they are unable to fully engage in the therapy.

- Total Improvement:
  - Music therapy leads to an overall improvement in communication skills, with a focus on increasing the use of vocalizations and non-verbal communication.

- Generalization:
  - The individual is able to use the skills learned in music therapy outside of the therapy setting.

Conclusion:
Music therapy can be an effective tool for improving communication skills in children with ASD. However, challenges exist, such as increased anxiety and frustration. Future research should focus on developing strategies to address these challenges and improving the generalization of skills learned in music therapy.

References: