

# Case Study: Eric's Journey with Music Education

## BACKGROUND

Eric, a 15-year-old with autism, had always found it challenging to express his feelings and connect with others. His father, deeply supportive of Eric's growth, sought activities that could help his son build confidence, focus, and joy in a way that felt natural to him. Traditional activities and academic settings, however, often left Eric feeling frustrated and disconnected. The family decided to try a new approach—introducing Eric to music lessons at a special needs program run by Bridge to Youth, in Brooklyn, NY, run by Susan Esposito.

## INTERVENTION

Eric began weekly music lessons with a structured curriculum that balanced predictability with creative freedom, allowing him to explore music at his own pace. His lessons included rhythmic exercises, familiar songs, and gradual skill-building that built on his strengths while addressing his unique needs. The lessons not only helped Eric learn songs but encouraged him to express emotions and practice patience, both of which had been difficult areas for him.

## OUTCOMES

Within a few months, Eric's family began noticing positive changes. Music became an outlet for Eric, helping him connect with his emotions and express them constructively. His focus improved as he dedicated himself to practicing new songs, and he showed a new level of patience, taking the time to work through challenges in his music. Most importantly, Eric's confidence blossomed—he became eager to share his music with family members and was visibly proud of his progress. His father noted how Eric's face lit up after each lesson, an expression of joy that had been rare before.

## CONCLUSION

For Eric, music has been transformative, providing not just a hobby but a pathway to personal growth. His father now sees music as an essential part of Eric's life, offering him a sense of pride

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and a new way to connect with the world. The family continues to support his musical journey, grateful for the newfound joy and progress music has brought into Eric's life.