

MUSIC THERAPY



Music Therapy is an established health profession in which music is used within a therapeutic relationship to address the physical, emotional, cognitive, and social needs of individuals.

PEOPLE WHO CAN BENEFIT

- Memory Issues
- Cancer treatment
- Surgical procedures
- Palliative care
- Mental health conditions
- Substance abuse
- Special needs
- Trauma
- Incarceration



PROMOTING WELL BEING

Music helps us cope with stress and can elevate our mood. It promotes overall health by allowing a freedom of expression in various forms, such as listening, playing, or writing.

BACKGROUND AND LITERATURE

Research shows the benefits of music therapy for various mental health conditions. Music acts as a medium for processing emotions, trauma, and grief.



CLINICAL IMPLICATIONS

Music therapy is something that can be used to open the door for exploration and expression of feelings. It can give insight into the patient's thoughts and can help guide the direction of care.

PERSONAL TESTIMONY

Music as a therapy has been used by many to express their feelings into something other than words.



Scan this QR code to watch a personal testimony Ted Talk by a music therapist

PRINCIPLES OF MUSIC THERAPY

4 ways to experience music therapy

LYRIC ANALYSIS



IMPROVISATION MUSIC PLAYING



ACTIVE MUSIC LISTENING



SONG WRITING



References

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