

Music Therapy

Music Therapy

Listening to, or creating, music can help your physical, emotional and social well-being.

Music therapy can reduce your feelings of anxiety, stress and pain. It can help you take an active role in your treatment.

Music Therapy Sessions

Listening to special music can help you relax. Music reduces feelings of restlessness, quiets your thoughts, and brings positive images into your mind.

Increased relaxation can:

- improve your breathing
- lower your blood pressure and heart rate
- reduce your muscle tension
- help your attention span and memory.

Music can also help you talk about how you feel about your health. Singing, listening to, playing instruments or writing music can help you express your feelings.

Actively participating in music making can:

- stimulate brain activity
- improve your memory
- increase movement of your large muscles
- increase your coordination
- help improve how you walk or talk.

Music Therapists

Music therapists have completed a college degree in music therapy and have passed a national exam to become certified.

They design individual music experiences to assess, treat and evaluate patients.

They work in different types of health care settings, including hospitals, nursing homes, rehabilitation centers and schools.

Whom to Call With Questions

Talk with your health care provider if you have questions.