



# HARMONY GARDEN

## MUSIC THERAPY

### MUSIC THERAPY CRISIS/TRAUMA for CHILDREN

#### **What is Music Therapy?**

Music Therapy is the clinical and evidenced-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed MT-BC. Music therapy is a well-established allied health profession similar to speech therapy, occupational therapy and physical therapy. It consists of using music therapeutically to address physical, psychological, cognitive, behavioral and/or social emotional functioning.

Because music therapy is a powerful and non-threatening medium, unique outcomes are possible. With young children, music therapy provides a unique variety of music experiences in an intentional and developmentally appropriate manner to effect changes in a child's behavior and facilitate development of his/her communication, social/emotional, sensorimotor, and/or cognitive skills.

#### **How Does Music Therapy Help Those Affected By Crisis Or Trauma?**

Music therapy has been shown to have a significant effect on an individual's relaxation, respiration rate, self-reported pain reduction, and behaviorally observed and self-reported anxiety levels. A coordinated program of music and music therapy interventions in response to crisis or trauma, designed and implemented by a qualified music therapist, provides opportunities for:

- Non-verbal outlets for emotions associated with traumatic experiences
- Anxiety and stress reduction
- Positive changes in mood and emotional states
- Active and positive participant involvement in treatment
- Enhanced feelings of control, confidence, and empowerment
- Positive physiological changes, such as lower blood pressure, reduced heart rate, and relaxed muscle tension
- Emotional intimacy with peers, families, caregivers
- Relaxation for family groups or other community and peer groups
- Meaningful time spent together in a positive, creative way

#### **Why Music Therapy?**

Music therapy may address several needs simultaneously in a positive and exciting medium: it may provide pleasurable learning that promotes success. Furthermore, music therapy can greatly enhance the quality of life of the young child and his/her family. Music is often the first thing to which a child relates. It is a "universal language" that crosses all cultural lines. Music occurs naturally in our environment in many settings and is a socially appropriate activity and leisure skill. Most people, especially children, enjoy music – therefore, music therapy can be the therapy that reinforces all other therapies.