



HARMONY GARDEN

MUSIC THERAPY

MUSIC THERAPY & MENTAL HEALTH

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 for people of all ages.

Because music therapy is a powerful and non-threatening medium, unique outcomes are possible. In addition to its applications in mental health, music therapy is used successfully in a variety of additional healthcare and educational settings.

How Does Music Therapy Make a Difference for Persons with Mental Health Needs?

Music therapy is a valid treatment for persons who have psychosocial, affective, cognitive and communicative needs. Music is a form of sensory stimulation that provokes responses due to the familiarity, predictability and feelings of security associated with it. Music therapy sessions include the use of active music making, music listening, and discussion.

Music Therapy Interventions Provide Opportunities To:

- Explore personal feelings and therapeutic issues such as self-esteem or personal insight
- Make positive changes in mood and emotional states
- Have a sense of control over life through successful experiences
- Enhance awareness of self and environment
- Express oneself both verbally and non-verbally
- Decrease anxiety, develop coping and relaxation skills
- Support healthy feelings and thoughts
- Improve reality testing and problem solving skills
- Improve group cohesiveness, interacting socially with others
- Develop independence and decision making skills
- Improve concentration and attention span
- Adopt positive forms of behavior
- Resolve conflicts leading to stronger family and peer relationships

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 an individual. Music is often the first thing to which someone 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 enjoy music – therefore, music therapy can be the therapy that reinforces all other therapies and life skills.

Information above adapted from the AMTA Fact Sheets www.musictherapy.org

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