



Christian Nielsen

Music Therapy

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What is Music Therapy ?

Music therapy is the systematic, scientific, and creative application of music to aid in the achievement of specific therapeutic goals and to attain and maintain health and well being. Music therapy is an established health service similar to occupational therapy and physical therapy. As a holistic treatment approach, music therapy focuses on the well being of the entire person, not just the part which is diseased or in distress.

Why Music Therapy ?

Music therapy is a cost-effective therapy that really works! It is effective in meeting the physical, psychological, cognitive, social, and spiritual needs of the people it serves. Music therapy has been proven effective by hundreds of scientific research studies and articles, and by centuries of use in cultures throughout the world. Music therapy has also been shown to have physiological effects on heart-rate, blood pressure, immune system responses, and neurological function.

Music Therapists work in:

Hospitals
Long Term Care Facilities
Assisted Living Facilities
Hospice
Home Care
Rehabilitation Centers
Clinics
Psychiatric Care Facilities
Schools
Child Daycare settings
Adult Daycare settings

Music Therapy helps people with:

Chronic Illness/Disease
Terminal Disease
Developmental Disorders
Psychiatric Disorders
Psychological Trauma
Grief / Loss Issues
Emotional / Spiritual crisis
Chronic & Acute Pain
Anxiety & Depression
Alzheimer's / Dementia
Neurological Disorders
Everyday Stress
Sensory Impairments
Chemical Dependency
Labor & Delivery

Music Therapy helps with:

Stress Management
Pain Management
Relaxation
Meditation / Imagery
Motor Coordination
Socialization
Reality Orientation
Treatment Tolerance
Expression of Emotion
Communication
Achievement of
OT & PT goals
Anxiety Reduction
Sensory Stimulation
Cognitive Stimulation
Recreational Enjoyment
Reminiscence
Improving Quality of Life
Patient/Client Satisfaction

Who Are Music Therapists ?

Music Therapists are individuals who receive five years of extensive training and education in the fields of music, psychology, physiology, education, and courses specific to music therapy. During coursework, a music therapist also receives 40-60 hours of clinical training. Upon completion of coursework, a music therapist must receive 1040 hours of clinical training. Music therapists then go on to take a test for board certification upon completion of the internship.