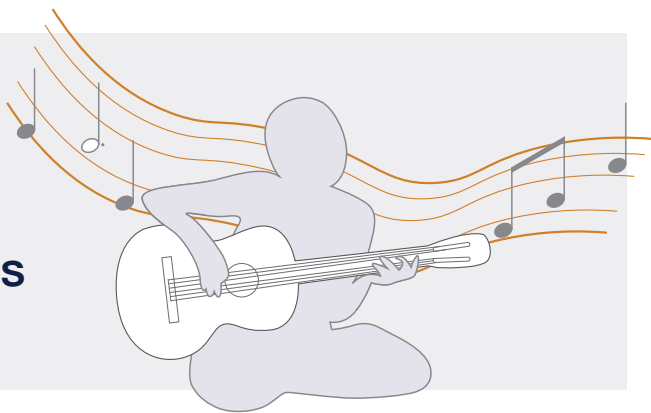
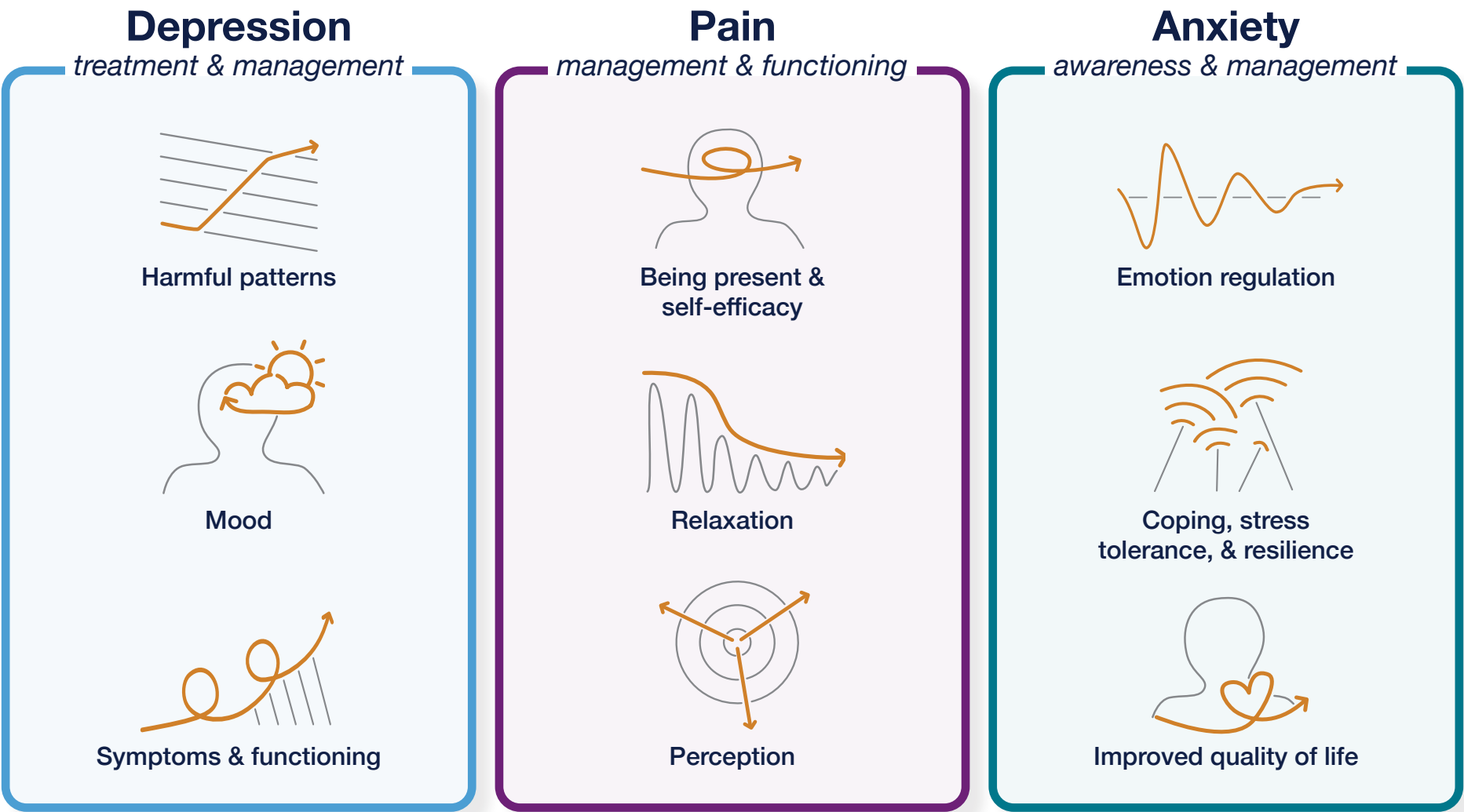


# Music Therapy & mental health

A professional practice that uses music-based interventions



Evidence-based music therapy favorably impacts:



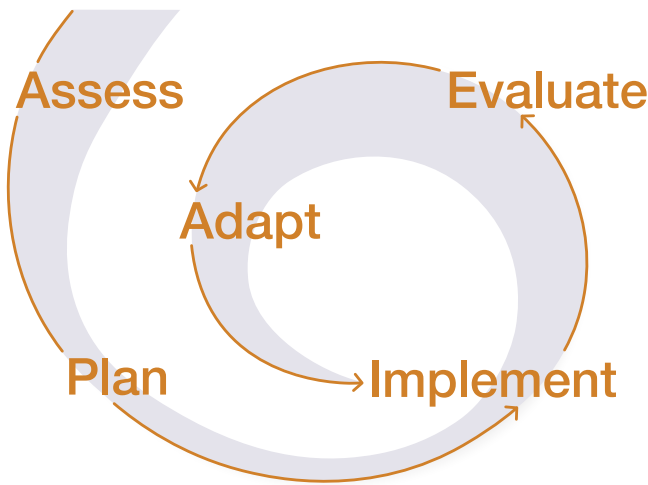
Music Therapy involves the specialized use of music with a credentialed therapist **to restore, maintain, & improve** cognitive, emotional, social, communicative, & psychological function.

## Approach

Goal-directed, music-based interventions augment hope, meaning, purpose, and recovery through:

- managing symptoms & arousal
- providing psychosocial support & education
- supporting healthy socio-emotional development
- fostering relationships

## Process



## Methods

- Improvisation
- Songwriting
- Group drumming
- Structured music listening
- Music to refocus attention
- Song lyric discussion
- Music-assisted relaxation & breathing techniques
- Music-guided imagery
- Singing and/or chanting
- Instrument play
- ...and others

For selected references & other music therapy resources, visit:

[https://www.musictherapy.org/research/sound\\_health\\_initiative/](https://www.musictherapy.org/research/sound_health_initiative/)

