Music Therapy & mental health

A professional practice that uses music-based interventions

Evidence-based music therapy favorably impacts:

**Depression**
- Treatment & management
  - Harmful patterns
  - Mood
  - Symptoms & functioning

**Pain**
- Management & functioning
  - Being present & self-efficacy
  - Relaxation
  - Perception

**Anxiety**
- Awareness & management
  - Emotion regulation
  - Coping, stress tolerance, & resilience
  - Improved quality of life

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**
- Assess
- Adapt
- Plan
- Implement
- Evaluate

**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/