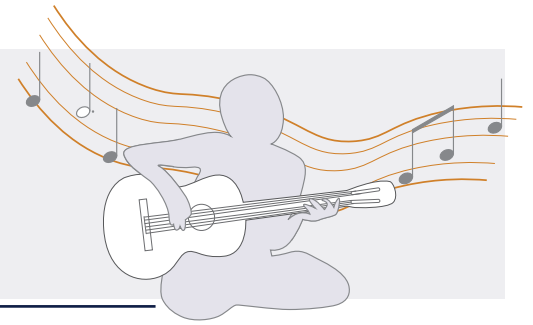


Music Therapy & mental health

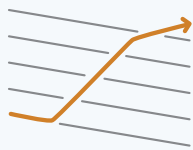
A professional practice that uses music-based interventions



Evidence-based music therapy favorably impacts:

Depression

treatment & management



Harmful patterns



Mood



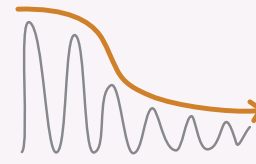
Symptoms & functioning

Pain

management & functioning



Being present & self-efficacy



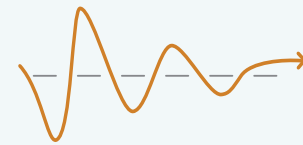
Relaxation



Perception

Anxiety

awareness & management



Emotion regulation



Coping, stress tolerance, & resilience



Improved quality of life

For selected references & other music therapy resources, visit:
https://www.musictherapy.org/research/sound_health_initiative/

