

# Family Caregiver Health Bulletin



**JULY 2016**

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## THIS MONTH'S TOPIC: MUSIC THERAPY



**M**usic therapy is a growing health profession in which a credentialed music therapist professional uses a variety of instrumental and vocal music strategies in a therapeutic setting to address physical, emotional, cognitive and social goals and needs of individual clients.

### Benefits of music therapy

Music in a therapeutic context — whether you are creating it, moving to it or listening to it, “enhances physical rehabilitation and movement, increases people’s motivation to become engaged in their treatment, provides emotional support and provides an outlet for expression of feelings.” From Alzheimer’s disease to Autism, music has demonstrated its therapeutic powers

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## ***You don't have to have a musical background to gain the benefits of music therapy.***



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by exercising the brain, improving mood, reducing depression, anxiety and aggression. For caregivers, music can enhance social interaction, provide a temporary break, relieve stress and provide relief in a caregiving routine.

Music helps both family members and caregivers. It can also improve the social interactions between caregivers and family members. Music therapy interventions are designed to:

- Promote wellness
- Manage stress
- Alleviate pain
- Enhance memory
- Improve communication
- Provide unique opportunities for interactions

You don't have to have a musical background to gain the benefits of music therapy. People tend to like and relate to music because there is a "familiarity, predictability and feelings of security" associated with it. As a result, music has the ability to greatly enhance life quality.

To best address people's needs, music therapists often work on interdisciplinary teams of healthcare providers. They work in a variety of settings,

including hospitals, clinics, long-term care settings, rehabilitation facilities, foster care homes, psychiatric treatment centers and hospice.

#### **REFERENCES:**

- American Music Therapy Association, Inc. (2016). Music Therapy and Alzheimer's Disease. Retrieved May 18, 2016 from [http://www.musictherapy.org/assets/1/7/MT\\_Alzheimers\\_2006.pdf](http://www.musictherapy.org/assets/1/7/MT_Alzheimers_2006.pdf)
- American Music Therapy Association, Inc. (2016). What is Music Therapy? Retrieved May 18, 2016 from <http://www.musictherapy.org/about/musictherapy>

#### **Learn more**

To locate a music therapist or to find out more information, contact the American Music Therapy Association:

8455 Colesville Road, Suite 1000  
Silver Spring, MD 20910

Phone: (301) 589-3300

Fax: (301) 589-5175

Web: [www.musictherapy.org](http://www.musictherapy.org)

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**Health Bulletin**

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