



Why Music?

How do we respond to music? What is music good for?

- Fun and entertainment.
- Emotional responses – music can express emotions, can bring goose bumps and also tears of joy or tears of sadness.
- Physical responses - music can energize and organize physical behavior. Music can relax.
- Spiritual responses – music can help us feel connected to something greater than ourselves.
- Cultural and social connection – music can connect us to others.
- Cognitive responses – music can stir up images and memories which may have deep meaning for us. Music can transport us to a dreamlike state or altered state of consciousness. Music can distract or make tasks more tolerable.

What is Music Therapy?

Music therapy is a discipline in which Certified Music Therapists use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains.

Canadian Association of Music Therapists (www.musictherapy.ca)
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- Music therapists work in a variety of settings including hospitals, continuing care, psychiatric settings, schools and daycares, rehabilitation facilities, group homes, outpatient clinics, community-based programs, correctional facilities and private practice.
- Music therapists assess, evaluate and develop clinical goals in consultation with interdisciplinary support team members.

Andrew Ichikawa, February 2023
www.pathwaysmusictherapy.ca

How can music help with stress, anxiety and self-regulation?

*Some relevant music therapy goal areas:

- Facilitate positive self-concept and improve self-esteem.
- Facilitate communication and self-expression, both verbal and nonverbal.
- Facilitate identification and expression of feelings associated with stress.
- Increase appropriate social behaviours.
- Increase awareness, acceptance, and responsibility to other's feelings.
- Develop skills in dealing with emotions.
- Facilitate relaxation to reduce tension and anxiety
- Promote recognition of bodily responses to stress and enhance the physiological process of relaxation.
- Provide alternative coping mechanisms for dealing for successfully with stress.

*list adapted from www.mtabc.com and *Music therapy for children, adolescents, and adults with mental disorders* (Barbara Crowe and Cynthia Colwell eds, 2007)

Some relevant activity-based music therapy interventions:

- Movement to music
- Songwriting and Composition
- Lyric discussion
- Instrument playing and rhythmic activities
- Group Drumming
- Group Singing
- Listening to music
- Music and relaxation
- Music and Imagery
- Music and expressive arts
- Music Instruction
- Music Ensembles