

Discover the Healing Power of Music

The Four Interventions in Music Therapy

What is Music Therapy?

Music Therapy is the clinical & evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Research shows the benefits of music therapy for various mental health conditions, including depression, trauma, and schizophrenia



Lyric Analysis

Lyric analysis introduces a novel and less-threatening approach to process emotions, thoughts, and experiences.

We all have a song that we deeply connect to and appreciate—lyric analysis provides an opportunity for an individual to identify song lyrics that may correlate with their experience.



Improv Music Playing

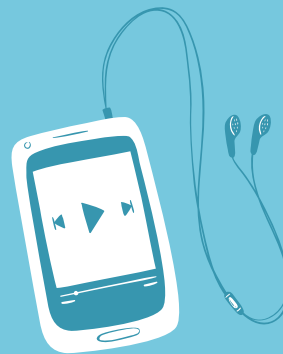


Playing instruments can encourage emotional expression, socialization and exploration of various therapeutic themes.

For example, a group can create a “storm” by playing drums, rain sticks, thunder tubes and other percussive instruments. The group can note areas of escalation and de-escalation in the improvisation, and the group can correlate the “highs and lows” of the storm to particular feelings they may have. This creates an opportunity for the group to discuss their feelings further.

Active Music Listening

Music can be utilized to regulate mood and engages the neocortex of our brain, which calms us and reduces impulsivity. While there are benefits to matching music to our mood, it can potentially keep us stuck in a depressive, angry or anxious state. To alter mood states, a music therapist can play music to match the current mood of the person and then slowly shift to a more positive or calm state.

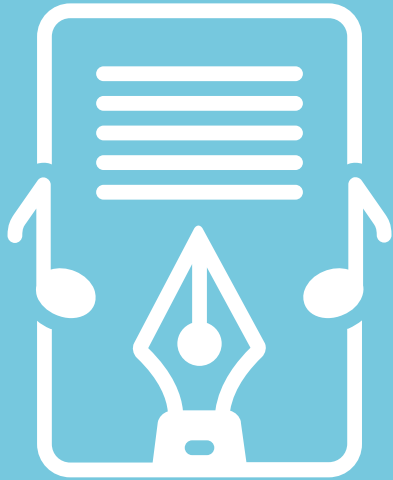


Songwriting

Songwriting provides opportunities for expression in a positive and rewarding way. This process can be very validating and can aid in building self-worth.

It can also instill a sense of pride, as someone listens to their own creation.





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