

# Music Therapy

*Supporting your health one note at a time*

*This document explains how music therapy can improve well-being and help with pain and stress. It describes the benefits of music therapy and the conditions it can help with.*



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digital copy of  
this handout.*

## What is music therapy?

Music therapy uses music to help people reach their health goals. A licensed music therapist provides this therapy based on research and each person's needs.

### Examples of conditions that music therapy can help with:

- Pain (short-term or long-term)
- Cancer (emotional support, pain relief, recovery)
- Premature babies (NICU)
- Stroke
- Parkinson's disease
- Traumatic Brain Injury (TBI)
- Mood disorders (like depression or anxiety)
- Managing drug and alcohol use
- Dementia and memory loss
- Autism spectrum disorder



***Music therapy can help support your mind and body.***

### How can music therapy help?

- Helps you relax
- Helps you express emotions in a healthy way
- Reduces pain
- Lowers anxiety
- Helps manage stress
- Improves mood
- Strengthens communication skills
- Improves speech and language
- Helps with problem-solving
- Builds social skills
- Helps develop healthy coping skills
- Improves movement and coordination
- Improves quality of life

### QUESTIONS?

**Would you like to learn more about music therapy for yourself or your loved ones?**

Please visit American Music Therapy Association (AMTA):

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

**For locating music therapy services in WA, please visit:**

Music Therapy Association of Washington (MTAW)

[www.musictherapywa.org](http://www.musictherapywa.org)