

## Music Therapy

Music Therapy is a research-based practice and profession in which music is used to actively support people as they strive to improve their health, functioning and wellbeing.



Music therapy is the intentional use of music by a university-trained professional who incorporate a range of music making methods within and through a therapeutic relationship. Music therapy is different from music education and entertainment as it focuses on health, functioning and wellbeing.

Music therapy is designed to help individuals overcome physical, emotional, intellectual, and social challenges. Applications range from improving the wellbeing of individuals to lowering stress levels.

Music can be beneficial for anyone. Therapeutically it is beneficial for people with physical, emotional, social, or cognitive deficits to reach goals. Research shows Music therapy has enabled some autistic children to relate to others and have improved learning skills.

### Who can access Music Therapy?

Our Music therapists work with people of all ages: individuals and their families. They provide services as part of our clinical team.

### Who does Music Therapy at Hessel Group look like?

Our Music Therapists form a relationship with the patient, sets goals on an individual basis, depending on the reasons for treatment, and selects specific activities and exercises to help with progress.

### The sensory stimulation and playful nature of music assists with the development of:

- Communication
- Express emotion
- Rhythmic movement
- Cognitive processes
- Motor skills and efficiency.
- Emotional and social skills
- Impulse control
- Coordination, as well as strength, balance, and gait.
- Articulation, rhythm, and breath control
- Sequencing
- Composition of words and encourage dialogue
- Speech and language
- Self-esteem

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The sensory stimulation and playful nature of music assists with the development of (continued):

- Coping skills
- Emotional regulation
- Sensory regulation
- Attention span

Some of the techniques used to achieve this are singing, listening, instrumental music, composition, creative movement, guided imagery, and other methods as appropriate.

## How long are sessions?

Therapy sessions are typically 1 hour in duration and can occur in our clinic, the client's home, educational facility or workplace. Sessions can occur as frequently as required, but in most cases, this is either weekly or fortnightly.