

Music's Power to Heal

Comments from Caregivers

"I was able to give back to her again the way she gave to me for so long. It was hard to see her agitated and in pain, our singing and songwriting brought her peace and comfort and I could smile again."

"Music brings serenity and joy to everyone. These were in fact the best memories we have of this period. The other days were very down for him and us. We were all very happy too that we could see him sing and smile. He was happy and I felt happy seeing him so happy, content with smiles and singing...and transported too, when he was listening to music. We had very little to offer him pleasures he could have. One of the best things we had was this music therapy around him"

"She felt calmer and more peaceful and wasn't focused on dying but was focusing on being in the moment."



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Music Therapy Services



"Where Words Fail
Music Speaks"

Hans Christian Anderson

585-589-0809

What Is Music Therapy?

Music Therapy (MT) is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illnesses.

Music therapy interventions can be designed to:

- Promote wellness
- Manage stress
- Alleviate pain
- Express feelings
- Enhance memory
- Improve communication
- Facilitate movement

Who Can Benefit From Music Therapy?

Since music is a natural part of human life, anyone can benefit from music therapy, including the Hospice patient and family being served. The client does not need to have any particular musical ability to benefit from music therapy. There is not one particular style of music that is more therapeutic than all the rest. All styles of music can be useful in effecting change in a client or patient's life. The individual's preferences, circumstances and need for treatment, and the client's goals help to determine the types of music a music therapist may use.

Who Is Qualified To Provide Music Therapy?

Personal qualifications of a Music Therapist include a genuine interest in people and a desire to help others empower themselves. The essence of music therapy practice involves establishing caring and professional relationships with people of all ages and abilities.

A Music Therapist must complete an accredited Music Therapy degree program including coursework in music therapy, psychology, music, biological, social, and behavioral sciences, disabilities, general studies, and clinical training. Many positions require Music Therapists to hold a current certificate or license to practice Music Therapy.

What Does The Music Therapist Do?

After assessing the strengths and needs of each client, the qualified Music Therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words.