



Therabeat, Inc.

New Facility Guide to Music Therapy

We **amplify** Life!

Motivating Development Through Intentional Music Therapy Services!

Researched Backed – Evidenced Based

What is Music Therapy?: Music Therapy is the clinical and 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.

Music Therapists use music within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, playing, 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. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings. (American Music Therapy Association, 2005)

Music Therapy and your facility: Our Music Therapists will use evidence-based research on clinical techniques with patients within the Substance Use and Mental Illness context to support the holistic treatment of your patients on a group and individual level. Our team will use music to create a non-threatening and motivating therapeutic environment to address the following goals.

- **Facilitate Group Communication:** Music Therapists use music as a nonverbal form of communication to help create a therapeutic relationship between patient and therapist, as well as relationships between patients within the group. Through therapist-guided music improvisation and group instrument play, patients will participate in reciprocal and cohesive music-making that can be transformed to healthier communication in real world experiences. (Albornoz, 2011).
- **Increase Group Cooperation:** Music provides a motivating atmosphere for patients within the Music Therapy group to cooperate and build trust with one another in a cohesive

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manner. In order to make a musical product together, patients must work together in “give-and-take” manner. This allows patients the satisfaction of contributing individual effort within a group to achieve a whole outcome. This goal is addressed through group singing and instrument play of preferred music within the group. (Anshel & Kipper, 1988).

- **Improve Emotional Well Being:** Structured Music Therapy provides a safe environment to experience and process both negative and positive emotions. Music Therapists utilize the elements of tension and release inherent in music in order to facilitate emotional catharsis and create an open atmosphere for exploration and discussion of different emotions. Music Therapists use lyric analysis, songwriting, and music with creative arts as therapeutic interventions to address this goal. (Baker, Gleadhill, & Dingle, 2007).
- **Provide Aesthetic Experience:** Music Therapy sessions cater to the human need for beautiful or artistic experiences. Music Therapists provide a holistic treatment for patients by facilitating an atmosphere for patients to create and experience an aesthetic together through songwriting, music relaxation, therapeutic singing, and lyric analysis. Music Therapists also incorporate visual and dramatic arts into the Music Therapy session in order to provide a more integrated artistic experience. (Lipe, 2002).
- **Increase Self Esteem and Self Efficacy:** Music Therapy can support the development of positive identity by promoting well-being, supporting the patient in finding their own meaning in their experiences, fostering experiences of positive emotions with peers, and empowering the patient by expanding on their strengths, interests and talents. Music Therapists address these goals through songwriting, lyric analysis, musical games, group instrument play, and group movement through music. (Solli, Rolvsjord, & Borg, 2013).
- **Maintain Physical Well Being:** Participation in Music Therapy sessions allows the patient to alleviate feelings of stress, tension, isolation, self-centeredness, and alienation. A group drum circle can be beneficial in maintaining physical well-being, and can include chanting, call/response techniques, non-verbal communication, and opportunities for spontaneous play based on how they feel. Group drumming can induce relaxation, augment theta-wave production and brain-wave synchronization, provide catharsis by releasing emotions into drumming approach, and creating a sense of connectedness with self and others. (Winkelman, 2003).
- **Enhance Treatment Motivation:** Music Therapists use patient-preferred songs with lyrics relating to clinical objectives in order to facilitate a lyric analysis intervention. Through lyric analyses and songwriting opportunities, Music Therapists can enable patients to recognize their problems, enhance their desire and motivation to participate in treatment, and prevent relapse. (Silverman, 2015).

These goals can be addressed not only within a group setting, but also in individual Music Therapy sessions as well. An individual client-therapist relationship built through Music Therapy can allow patients to process their experience of group music therapy and have more opportunities for in-depth self-expression.

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