

Music Therapy

Music Therapy 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
- promote physical rehabilitation.

Research in music therapy supports its effectiveness in a wide variety of healthcare and educational settings.

(American Music Therapy Association)



Music therapy can help to relieve pain and reduce stress and anxiety for the client, resulting in physiological changes, including:

- ♪ Improved respiration
- ♪ Lower blood pressure
- ♪ Improved cardiac output
- ♪ Reduced heart rate
- ♪ Relaxed muscle tension

Music therapy has been shown to have a significant effect on a client's perceived effectiveness of treatment, self-reports of pain reduction, relaxation, respiration rate, behaviorally observed and self-reported anxiety levels, and patient choice of anesthesia and amount of analgesic medication.

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Music Therapy for Pain Management and Stress Management



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Music Therapy

For Pain Management and Stress Management

Music therapy is utilized in the treatment and management of pain complies with the expectations and requirements inherent in the medical model of treatment. Music therapy programs are based on individual assessment and collection of data for the development of client-centered treatment plans.



Stress Management isn't a luxury.

Once goals and objectives are established, music therapists use music activities, both instrumental and vocal, designed to facilitate changes that are non-musical in nature. Through a planned and systematic use of music and music strategies, the music therapists provides opportunities for:

- Anxiety and stress reduction
- Nonpharmacological management of pain and discomfort
- Positive changes in mood and emotional states
- Active and positive client participation in treatment.

Music therapists receive specialized training to utilize music in a therapeutic manner by completing a baccalaureate or advanced degree program in music therapy. Subsequent national board certification validates a therapist's knowledge and skill.

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Stress management isn't a luxury. It's a matter of mental and physical survival—stress cripples lives. Management is vital. Listening to music does wonders to alleviate stress. Music has always been a great healer, significant mood-changer and reliever of stress, working on many levels at once.

Music can have a strong influence on the body as well as our emotions. Using a Somotron® for vibro acoustic music treatment, the vibrations of the music penetrate through our skin, ears, and bones to calm the body and reduce pain and stress. Certain vibrations calm us, while other energize us. Music is effective in stimulating imagery and in facilitating physiological relaxation responses.

Individual music therapy sessions may be thirty minutes to one hour, once or twice per week and take place at the Music Academy Music Therapy Clinic. Like other therapies, music therapy can be pre-approved for reimbursement when deemed medically or behaviorally necessary to reach the treatment goals of an individual.



Music Therapy for Pain Management

"is based on a cognitive behavioral model of therapy, which posits that new thoughts, feelings and body states may be conditioned to replace dysfunctional patterns. Specifically, a relaxed body and pleasant visual images may replace tension and worry when they are conditioned as a response to familiar, calming music. The conditioning process takes place when listening to this music is paired with deep relaxation through repeated practice. Over time, the music alone cues the response..."

The music therapy protocol is designed to perform several functions:

- To direct attention away from pain or anxiety, distracting the listener with comforting music.
- To provide a musical stimulus for rhythmic breathing.
- To offer a rhythmic structure for systematic release of body tension.
- To cue positive visual imagery.
- To condition a deep relaxation response.
- To change mood.
- To focus on positive thoughts and feelings and to celebrate life."

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