

WHAT IS MUSIC THERAPY?

Influence of Music

From generation to generation, music has been an undying topic in society. Social apps like Spotify, YouTube, and Apple Music are apps that people use worldwide. Paying monthly subscriptions to these apps shows that people have found music as one of their necessities in life.

Music is considered a universal language that can evoke emotions and memories in people. Finding music as a source of healing, Music therapy is a type of therapy founded to have numerous benefits for individuals of all ages and abilities.



Source: The Boston Globe



Source: Doral Fine Arts Academy

Music Therapy

Music therapy is a type of therapy that uses music to achieve therapeutic goals. Music therapy can be used in a hospital, school, and even in your own home. Working in the field is a music therapist who is a trained professional who uses music to find the expression of an individual's physical, emotional, and social needs. Music therapy can involve playing instruments, singing, listening to music, or writing songs.

One of the most significant benefits of

music therapy is reducing stress and anxiety. Listening to music can activate the body's natural relaxation response, helping to lower blood pressure and heart rate. This is also a reason why people love to listen to music. Music therapy can be beneficial for individuals who are dealing with stress or anxiety disorders.

Music therapy has also proven effective in reducing pain and improving physical health. Research has shown that listening to music or playing instruments is often a coping method to distract individuals from pain and promote relaxation. It can also improve coordination and mobility in individuals with physical disabilities.

In addition to its physical benefits, music therapy can also have a positive impact on emotional well-being. Music can evoke powerful emotions and memories, which can be helpful for individuals dealing with trauma or grief.



Source: Incadence

Music therapy can also be beneficial for individuals with a learning disability. Playing instruments or singing can improve memory, attention, and communication skills. It can also provide a sense of accomplishment and boost self-esteem for individuals who struggle with traditional teaching.

Music therapy is a flexible and adaptable therapy adapted to meet each individual's unique needs. If you or someone you know struggles with stress, anxiety, pain, or other issues, consider exploring music therapy.