Through musical involvement in the therapeutic context, patients' abilities are strengthened and transferred to other areas of their lives.

..."The mind/body relationship is particularly important in terms of looking at the immune system to treat cancer. We believe that patients who are under less stress, who are in a brighter mood, appear to do better in terms of their anti-cancer therapy. I think that music therapy and imaging and immune therapy of cancer all tie together... I think it can be helpful in conjunction with biologic therapy for cancer...."

Dr. Walter Quan, Jr., Hematologist-Oncologist, St. Luke's Medical Center Ohio,

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### Music Therapy at Paoli Hospital



### Music Therapy at Paoli Hospital

## 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. (American Music Therapy Association)

Music therapists use music activities, both instrumental and vocal, designed to facilitate changes that are nonmusical in nature. Music therapy programs are based on individual assessment, treatment planning, and ongoing program evaluation. Frequently functioning as members of an interdisciplinary team, music therapists implement programs with groups or individuals addressing a vast continuum of outcomes, including reduction of pain and anxiety, stress management, communication, and emotional expression.

#### ROLE OF MUSIC THERAPIST

Music therapists design music sessions for individuals and/or groups based on their needs and interests.

Music therapy activities include,

- Song recognition for cognition improvement
- Song writing to encourage participation, social interaction and to express thoughts and feelings.
- Relaxing music to serve as a distraction from pain and nausea
- Instrument use (if not too tired) to improve mood, address loneliness, and express emotions.
- Improvisation to encourage creativity and hope.

# BENEFITS OF MUSIC THERAPY

Music therapy can benefit cancer patients. Studies have shown that music therapy can provide cancer patients the following benefits:

- help reduce pain and relieve chemotherapy-induced nausea and vomiting
- relieve stress
- elevate mood and counteract depression
- lower heart rate, blood pressure, and breathing rate
- increase motivation to become engaged in their treatment
- provide emotional support for patients and their families