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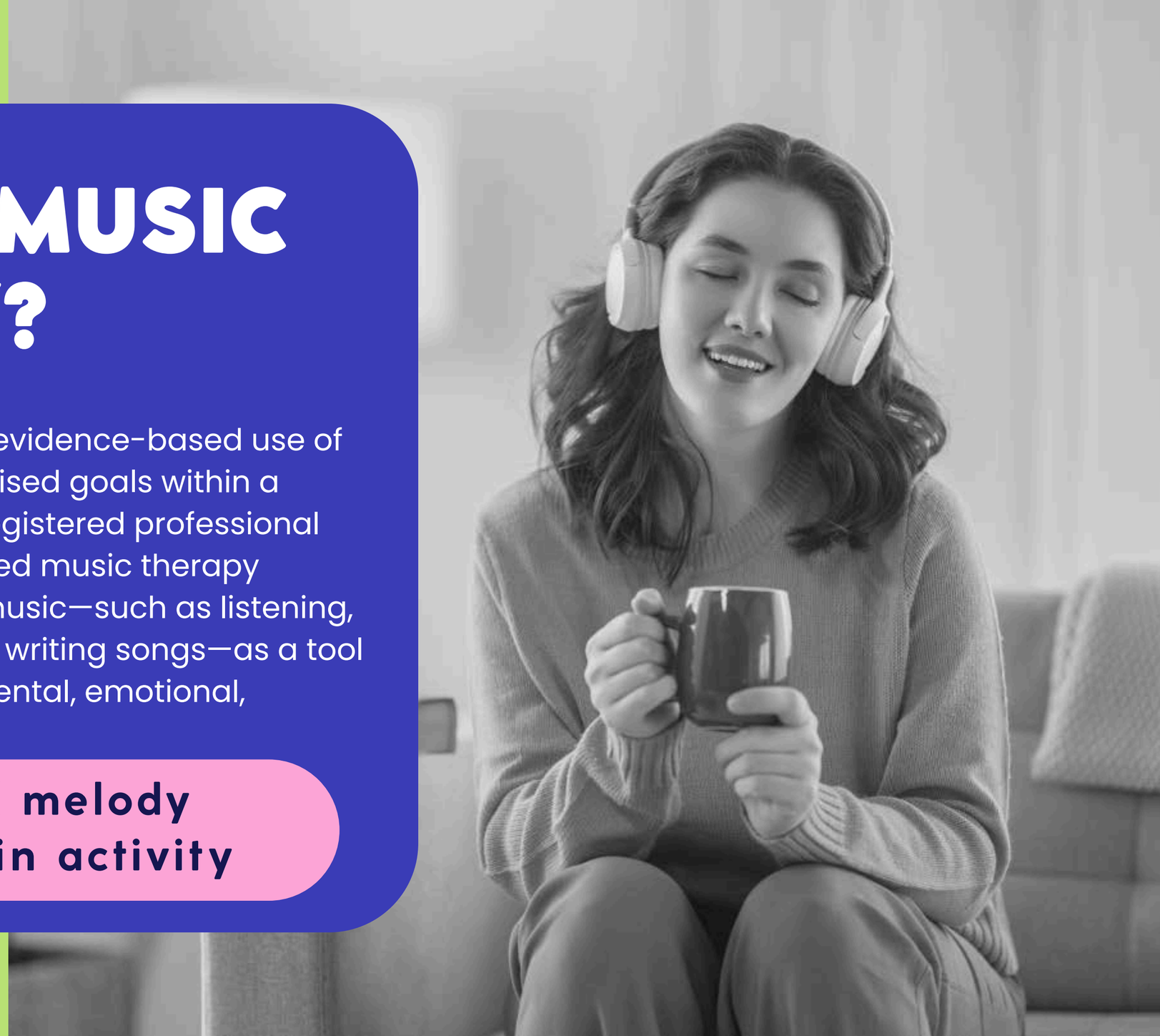
MUSIC THERAPY

Exploring the Power of Music for Wellness

WHAT IS MUSIC THERAPY?

Music therapy is a clinical and evidence-based use of music to accomplish individualised goals within a therapeutic relationship by a registered professional who has completed an approved music therapy program. Music therapy uses music—such as listening, singing, playing instruments, or writing songs—as a tool to help people improve their mental, emotional, physical, or social well-being.

Rhythm and melody influence brain activity



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HOW MUSIC THERAPY WORKS

Why it matters

Music therapy works by using music as a medium to reach emotional, cognitive, physical, and social goals. It's not just about listening to music—it's about using music intentionally, guided by a trained music therapist, to help individuals heal, express, connect, and grow.

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ROLE OF THE MUSIC THERAPIST

A music therapist is a trained healthcare professional who uses music purposefully to help people achieve therapeutic goals in areas like mental health, physical rehabilitation, emotional expression, and social development.
They're not just musicians—they are clinically trained to understand how music can support health and healing.

- **Individualised treatment plans**
- **Collaborative therapist-client relationship**
- **Variety of music techniques used**

KEY BENEFITS OF MUSIC THERAPY

Music therapy offers a wide range of mental, emotional, physical, and social benefits. It's effective across all age groups and can be used in many settings—from hospitals to schools to mental health centers.
Here are the major benefits:

- **Reduces anxiety and depression**
- **Aids pain management and mobility**
- **Enhances memory and focus**
- **Encourages social interaction**

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TYPES OF MUSIC THERAPY

Each type uses music differently to achieve therapeutic goals.

RECEPTIVE MUSIC THERAPY

Receptive music therapy is a form of music therapy where the client listens to music—rather than actively playing, singing, or creating it—as a way to support therapeutic goals.
It's called "receptive" because the client receives the music, often in a guided, intentional way, with the support of a trained music therapist.

Listening to music to promote relaxation, reflection, and emotional processing.

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ACTIVE MUSIC THERAPY

Active music therapy is a form of music therapy where the client is actively involved in making music—through singing, playing instruments, composing, improvising, or moving to music—with the guidance of a trained music therapist.

Music through singing, playing instruments, or improvisation.

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GUIDED IMAGERY AND MUSIC

This is a specialised form of receptive music therapy where a trained therapist uses classical or carefully chosen music to help clients enter a relaxed state and explore inner thoughts, emotions, memories, or images.

Using music combined with guided visualization to explore emotions and memories.

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SONGWRITING THERAPY

Songwriting music therapy is a type of active music therapy where clients work with a trained music therapist to write songs as a way to express emotions, tell their story, process experiences, and support healing.
You don't need to be a musician or have any musical training—songwriting therapy is focused on self-expression and emotional growth, not producing perfect music

Creating songs to express feelings, tell stories, and enhance self-awareness.

NEUROLOGIC MUSIC THERAPY

Neurologic Music Therapy (NMT) is a specialised, evidence-based form of music therapy that uses music and rhythm to improve brain function in people with neurological disorders or injuries.
It focuses specifically on how music can affect the brain and help improve movement, speech, and cognition through scientifically designed techniques.

Applying music-based interventions to improve motor, cognitive, and speech functions, often used in rehabilitation.

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CONCLUSION

Music therapy offers a wide range of benefits that support a person's mental, emotional, physical, cognitive, and social well-being. Whether used in hospitals, schools, rehab centers, or mental health clinics, music therapy is evidence-based, non-invasive, and adaptable to all ages and conditions.

- **Benefits people of all ages and abilities**
- **Evidence-based and growing profession**
- **Encourages holistic health through music**

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DISCOVER MORE ABOUT MUSIC THERAPY

Let music be a part of your journey toward health and happiness.

www.IDDerby.co.uk