

PATHWAYS HOSPICE MUSIC THERAPY

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MUSIC THERAPY

While music is an enjoyable experience in our daily lives, in the hands of a trained therapist it has proven to be a potent tool. Music therapy is the controlled use of elements and influences of music to effect positive change towards meeting the physical, mental, emotional and spiritual needs of a client.

HOW DOES IT WORK?

The multidimensional qualities of music allow it to touch many levels of consciousness. Music can act as a catalyst to bring about relaxation, personal expressions and growth, physical and mental stimulation, comfort and affirmation. Music therapy can help our clients and families by:

- Reducing the perception of pain
- Reducing anxiety and depression
- Promoting muscular relaxation
- Facilitating physical participation in activities
- Reinforcing identity and self-concept
- Helping to recall significant past events
- Providing nonverbal means of self expression
- Reinforcing family ties and interaction
- Providing a link to the patient's life before the illness

ADDITIONAL INFORMATION

For more information about music therapy, please visit the American Music Therapy Association web site, www.musictherapy.org. If you have additional questions or would like to incorporate music therapy into your Pathways Hospice plan of care, please contact us at 970.663.3500 or info@pathways-care.org