



## **Integrative Therapy Fact Sheet: Music Therapy**

### **What is Music Therapy?**

Music therapy is the use of music as a tool to help treatment for different health conditions. Music therapy can also be used for learning and educational goals.

### **How Can Music Therapy Help Me?**

Research shows that music therapy can help manage stress and anxiety. Music therapy can also help relax the body, lower blood pressure, reduce pain, and reduce heart rate. These changes can often improve quality of life. Music therapy programs are based on your needs and medical history. Treatment plans are designed based on your interests and goals.

### **What Can I Expect if I Participate in Music Therapy?**

A music therapy session may include making music through songwriting or playing an instrument, or through music listening, such as in meditation with live music. The therapist may also share different ways you can use music in your own time to support your treatment goals.

Similar to talk therapy, an important part of music therapy is the guidance of a board-certified music therapist to engage in evidence-based practices, support discussion, and guide the experience overall.

### **Special Points to Remember**

- There is no artistic or musical background, ability, or experience needed to benefit from music therapy. The music therapist will facilitate the process.
- Music therapy interventions are tailored to patient interests and abilities, and do not require the patient to play a musical instrument to experience benefits.
- A music therapist can provide techniques and activities for you to easily and affordably use at home throughout your treatment.

### **Music Therapy at the Zakim Center**

The Zakim Center offers a variety of group programs, free of charge to Dana-Farber patients and caregivers. Our current offerings include:

#### ***Drum Circle***

Drum circle is facilitated in such a way so all can participate and enjoy regardless of skill level, and promotes stress and pain reduction, increased energy, quality of life, and positive coping skills.



### **Live Music & Meditation**

A guided meditation group supported by gentle live music to trigger the relaxation response and support focus and release in meditation. Participants will stay in seated meditation, and will receive music (rather than make it!).

### **Music Recording Studio for Beginners**

This group is an introduction to our mobile recording studio, where participants can learn about the technology we have, how to use technology on their own to make music, and can also schedule a one-to-one recording/music making session with Heather Woods.

To learn more about the Zakim Center's expressive arts therapies or to register for a program, email [Zakim\\_Center@dfci.harvard.edu](mailto:Zakim_Center@dfci.harvard.edu) or call **617-632-3322**.

### **What Does Music Therapy Cost?**

Music therapy and expressive arts programming are currently provided free of charge by the Leonard P. Zakim Center for Integrative Therapies for patients, family members, and caregivers. Music therapy sessions outside of Dana-Farber may cost \$60-\$100. Fees for music therapists vary by provider and state laws regarding insurance coverage.

### **Additional Information**

You can visit the American Music Therapy Association's website for information on professional requirements of music therapists and the scope of clinical practice.

#### **American Music Therapy Association**

**(301) 589-3300**

**[www.musictherapy.org](http://www.musictherapy.org)**

To find a board-certified music therapist in your community, please visit **<http://www.cbmt.org>**.

To learn more about the Zakim Center's programs and services, please visit our website at **[dana-farber.org/zakim](http://dana-farber.org/zakim)**, email **[Zakim\\_Center@dfci.harvard.edu](mailto:Zakim_Center@dfci.harvard.edu)**, or call **617-632-3322**.

*This document is for informational purposes only. The content is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*