MUSIC THERAPY

What is Music Therapy?
Music therapy is the clinical use of music to help people reach therapeutic goals. Engaging in music therapy can help people:

• Manage pain, anxiety, and depression
• Feel emotionally supported and able to express their thoughts and feelings
• Feel motivated to engage in their treatment
• Connect with family in a new and different way
• Relax and recharge, both mentally and physically
• Maintain a higher quality of life

Music therapy may consist of creating, singing, moving to and/or listening to music. No previous music experience is necessary. Music therapy is offered to patients, family members and caregivers.

Music therapist Beth Hardy, MT-BC is available Mondays and Wednesdays from 10am to 2pm. Schedule your appointment today by calling the Huntsman Cancer Hospital Wellness Center at (801)587-4585.