



The Linda B. and Robert B. Wiggins
Wellness and Integrative Health Center

About Music Therapy

Music therapy may include creating music with instruments, singing, writing songs, discussing lyrics, listening to recorded music, moving to music, and more. The session may be different for each person and will change as the person's needs change. The music therapist can work one-on-one or with a family.

Singing

- Increases a sense of empowerment and self-worth
- Supports breathing and lung health
- Restores a sense of self for people who used to sing
- Promotes reminiscence in people with memory loss

Songwriting

May include creating original songs, chants, and affirmations, or replacing lyrics of an existing song

- Promotes empowerment, creative expression, and a positive mood
- Helps express feelings associated with illness and hospitalization, including grief and loss, depression, and anger

Instrumental Improvisation

Consists of creating music "in the moment" using different instruments such as guitar, drums, piano, voice, and more

- Promotes creativity, empowerment, connection, and emotional expression
- Helps express negative feelings
- Decreases anxiety and stress
- Helps process life experiences, losses, grief, and pain in a new and different way
- Encourages insight through talking and expression

Music-Supported Relaxation

- Helps manage pain and discomfort
- Decreases anxiety and stress
- Promotes overall wellness
- Can be paired with guided imagery, affirmations, and meditation

Music Listening and Lyric Discussion

- Encourages insight through talking and expression
- Helps express feelings associated with illness
- Promotes life review through music-prompted memories

Musical Legacy Projects

May include recordings of a person singing or telling stories, a compiled playlist of music, video recordings, photo slideshows, hand prints, and more, which can then be shared with family and friends

- Affirms one's unique identity which provides a sense of empowerment and self-worth
- Helps process loss and express life experiences and lessons learned
- Uncovers purpose and meaning
- Encourages developing a sense of closure
- Preserves memories and shares values
- Helps family process feelings of grief, loss, anger, sadness, and more
- Promotes reminiscence, life review, emotional expression, and connection with family

To make an appointment with our music therapist, please call the Wellness and Integrative Health Center at 801-587-4585.
www.huntsmancancer.org/wellness