

MUSIC THERAPY




IN TUNE MUSIC & WELLNESS



**"MUSIC SOOTHES AND
STIMULATES US; IT
ACCOMPANIES US THROUGH
JOY AND SADNESS; IT PLAYS
WITH US AND HELPS US TO
PLAY; IT MOVES US INTO
AND OUT OF EVERY HUMAN
EMOTION."
KENNETH E. BRUSCIA**

MUSIC CAN...

- access deeper emotions and underlying problems
- provide an outlet to express yourself when words are difficult to find
- create new healthy ways of coping
- access numerous parts of the brain simultaneously
- create an environment of empowerment and collaboration
- access inner health resources
- provide a safe space for self-reflection
- build community
- cultivate mindfulness

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RESEARCH SHOWS...

- increased socialization and sense of belonging
- general improvement in symptoms of anxiety and depression
- increased treatment compliance and motivation
- improved sleep patterns

(Jackson, 2013)