What is music therapy?
Music therapy is the use of music and musical elements by a Music Therapist to help with restoring mental, physical, emotional, and spiritual health.
Sessions can be one-on-one or in a group. Each session is tailored to the people in it.
Music therapy can help any patient, of any age, musical skill, severity of illness, ability, or culture.
What can I expect in a session?
You do not need any musical skill to take part in music therapy. Depending on your needs, sessions may include:

› music-based discussion
› playing instruments
› recording music
› improvisation
› sharing songs
› legacy work (i.e., leaving behind something meaningful for your loved ones (e.g., creating music, painting))
How can music therapy help?

Music therapy can help by:

› distracting you during procedures
› helping you manage pain
› giving a sense of normalcy
› helping you cope with your illness or being in the hospital
› encouraging verbal and non-verbal communication
› helping you to relax and/or sleep
› lowering anxiety and stress
› promoting social interaction and communication
› supporting patients and family during end-of-life care
› helping with child development
› improving quality of life
Music therapy can help everyone in the hospital, for example:

› babies, children, and their families
› parents during labour and delivery
› older adults
› people living with or dying from advanced illness
› people grieving the loss of a loved one

For more information, visit:

• Canadian Association of Music Therapy
  › https://www.musictherapy.ca

• Music Heals
  › https://musicheals.ca
Looking for more health information?
Find this pamphlet and all our patient resources here:
http://library.nshealth.ca/PatientGuides
Contact your local public library for books, videos, magazines, and other resources. For more information, go to http://library.novascotia.ca
Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit https://811.novascotia.ca
Learn about other programs and services in your community:
Call 211 or visit http://ns.211.ca

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The information in this pamphlet is to be updated every 3 years or as needed.