

Music Therapy and its Benefits

By Autumn Walker

What exactly is music therapy?

Music therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, and social needs of individuals. It is the therapeutic use of music playing and listening to accomplish personal goals with a licensed person.



Different people who use music therapy include soldiers with PTSD, car accident survivors in need of physical therapy, and psychiatric patients to express themselves. It takes an average of four years to get a music therapy degree.

Neurologic music therapy, or NMT, is a model of music therapy that is based on neuroscience, specifically

the perception and production of music and its influence on the function of the brain and behaviors. Some types of therapy such as music therapy reduces anxiety and many physical effects of stress. It can help reduce symptoms of Parkinson's disease and Alzheimer's disease. Alzheimer's is a disease of your brain that destroys memory functions such as names, locations, or whether or not they've done something.

What do music therapists do? Most music therapists are a part of an employment subgroup of a creative arts therapist. There are many different types of music therapist jobs like Dalcroze Eurhythmics, Kodaly, NTM, Robins, Orff Schulwerk,



References, and Further Reading.

I talked to a music therapist named Lauren Meeks, and she told me about what she does for work. She talked about how she works with patients on home help services. She deals with people who deal with depression, anxiety, and people who need to learn to walk again. She also talks about how other music therapists work with children with learning disabilities and people in hospice.

Lauren Meeks became a music therapist because she always loved music and spent her middle school years invested in her school's performing arts department. She learned about music therapy as a junior in high school and decided to become a music therapist.

To become music therapists, you have to go to a four-year undergraduate degree, get 180 practical hours, a six-month internship, and take a detailed exam to become certified.

You don't have to be good at playing an instrument or at singing to become a music therapist. If it is something you love to do, just do it!

