

## It's Music Therapy Week 22- 28 October 2018

A week where we celebrate the little known discipline.

We all know music can profoundly affect our state of mind. Music Therapists use music deliberately to assist people learn, and improve their emotional, mental and physical health.

Follow the link to Understanding Music Therapy
http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/understanding music therapy.pdf

Follow the link to the Cantabrainers Video: http://www.therapyprofessionals.co.nz/cantabrainers-choir.html