

Music Therapy Week 16 - 22 September 2019

Music Therapy using the healing power of music

Connection to others is one of the five ways to wellbeing. For those struggling to connect, music therapy can help to build relationships, reduce isolation and promote wellbeing.

Music therapy research shows participating in music therapy can

- reduce depression and anxiety and increase psychological wellbeing
- reduce isolation and increase social connection

Music therapy is a creative process, which includes exploring and developing different ways of communication and relating. The process is what is important rather than the end musical product. No experience playing or reading music is required for someone to benefit from music therapy.

Music Therapists work in a variety of settings with people of all ages and a wide range of needs. Therapy can be provided to individuals and in groups, or consultation can assist families and caregivers to effectively use music, sound and silence.

Music therapy groups can improve and build confidence in social skills such as making eye contact, respecting other people's personal space, sharing, playing together, taking turns and leadership.

A Music Therapist is a musician with a postgraduate qualification in Music Therapy. Music Therapists are registered with the NZ Music Therapy Registration Board and follow a Code of Ethics and Standards of Practice. www.musictherapy.org.nz

For more information just contact us at Therapy Professionals.

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