



Music Therapy and Mental Health

What is Music Therapy?

Music therapy is an evidence-based allied health service similar to physical therapy, occupational therapy, and speech-language pathology that uses music as the therapeutic tool to address physical, cognitive, social, emotional, psychological, spiritual, and/or behavioral needs.

Why Should I Try Music Therapy?

- Music is part of our every-day life, and provides a non-threatening, fun, and reinforcing way to address needs in all domains (physical, cognitive, social, emotional, spiritual and behavioral).
- Music structures communication, expression, and interaction allowing clients to develop relationships and address issues they may not be able to address using words alone.
- Music therapists can empower clients with healthy coping mechanisms to control pain, discomfort, anger, frustration, stress, sadness, aggression, and/or anxiety.

What Are Some Music Therapy Interventions We May Use in Sessions?

- Lyric Analysis
- Songwriting
- Drumming
- Music Assisted Relaxation
- Music Discussion/Education
- Mood Vectoring
- Iso Principle
- Music and Movement
- Song Selection/Dedication
- Improvisation

How Do I Know if Someone is Qualified to Provide Music Therapy Services?

- Qualified music therapists carry the credential **MT-BC** indicating that they have passed the national, independent certification board exam and have maintained awareness of current practice through continuing education or retesting. **DO NOT** work with anyone claiming to be a music therapist without the MT-BC designation.
- **To confirm MT-BC status go to: http://www.cbmt.org/certificant_search**

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Client Benefits from Music Therapy

Cognitive

- Increase independence and decision-making skills
- Improve reality testing and problem-solving skills
- Improve concentration and attention span
- Improve executive functioning/ planning skills
- Enhance awareness of self and environment
- Improve expressive and receptive communication

Social

- Increase verbal and non-verbal self-awareness and self-expression
- Positive social interaction and improve social awareness
- Improve group cohesiveness
- Decrease isolation and improved sense of belonging
- Increase ability to resolve conflicts leading to stronger family, peer, and work relationships

Emotional

- Increase sense of control over and satisfaction with life
- Support healthy feelings and thoughts
- Support positive changes in mood, affect, and/or emotional states
- Increase awareness of personal feelings and therapeutic issues
- Improve interest, self-image, self-esteem, and feelings of self-purpose
- Increase motivation
- Provide successful, safe, and appropriate emotional release
- Improve coping mechanisms

Physical

- Increase ability to relax the mind and body in healthy ways
- Improve biochemical indicators of immune functioning and stress levels

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