



## Music Therapy on the Inpatient Unit

### What is Music Therapy?

Music can change our mood, relax, or enliven us or distract us from pain and discomfort. Sometimes it can be difficult to put our thoughts and feelings into words, however music therapy can help by offering different ways to express ourselves through shared music making and listening. We can sing favourite songs, listen to meaningful music, talk, reflect, and play easy instruments together. Music is around us, on the radio, television and in our own music collections. We are all born musical and even if we don't play an instrument, we still have a response to it and in music therapy we encourage you to use this response in your own way.

### Who can benefit from Music therapy?

Anyone can join in and benefit from music therapy as no musical background or skills are required. Music therapy is adapted to the needs of each individual, making it a very versatile form of therapy.

### What happens in Music Therapy sessions?

- Exploring and sharing your musical interests
- Singing and listening to songs from your life
- Listening to music and reflecting on its meaning to you
- Using music for relaxation or to help with breathing
- Writing songs with the music therapist to give to loved ones
- Music Improvisation and creation using a wide range of easy-to-play instruments

- Create personal playlists to use for relaxation or to aid sleep

### Music Therapy can:

- Offer a means of self-expression, communication, and interaction
- Provide emotional support and help to relieve feelings of despair and depression through a creative and enjoyable experience
- Help with anxiety and pain management through distraction and relaxation
- Provide an opportunity to share music with family members
- Improve self-confidence and rediscover a sense of self which may have become lost during illness
- Give an opportunity to gain a new perspective in difficult times
- Offer a way to leave a musical legacy to family members

### How can I access Music Therapy?

Our Music Therapist is available on the Inpatient Unit every Friday. Please ask a member of staff if you would like to speak to the Therapist about having a session.

### Contact Us

For further information contact the Patient and Family Support Team **01223 675770**  
**patientandfamilysupportteam@arhc.org.uk.**

All information is correct at time of print and may be subject to change. Please visit our website for the most up-to-date information. If you have any feedback or would like this information in a different format or language, please contact us.