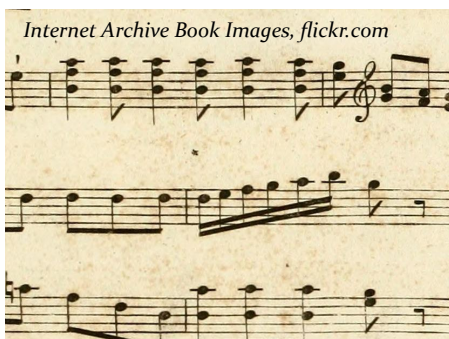




# Music Therapy



US Coast Guard Academy,  
flickr.com



Internet Archive Book Images, flickr.com



Kim Siever, flickr.com

**Did you know that music can be used as an method of therapy and that science backs up the benefits?** This tip sheet will provide an introduction to music therapy and explore a few different techniques used today.

## What is music therapy?

Music therapy is a type of art therapy that has been around for centuries. Most commonly, the goal is to help a person move towards a more positive mindset and strengthen emotional skills. When used properly, studies have shown methods of music therapy to help reduce both mental and physical stress, as well as symptoms of stress. It can also improve breathing, lower blood pressure & heart rate, relax muscle tension, among other benefits.

## Three types of music therapy:

- **Drumming:** Drums can be used to help create a light-hearted, positive, and open-minded way of thinking. Drumming is believed to help reduce stress, control chronic pain, inspire self-realization, and support social connection.
- **Singing**, also referred to as the brain's “mega-vitamin” by psychologists: Studies have shown singing to help repair damaged brain tissue (both when listening to and singing) and is why singing is often part of treatment plans for Parkinson's disease, dementia, and Alzheimer's.
- **Vibro-Acoustic Therapy:** Think low-frequency vibrations combined with slow-paced music. The combined approach is believed to help circulate positive energy throughout the body.

[positivepsychology.com](http://positivepsychology.com)