

Music Therapy

A form of emotional support that
uses music.



*because
you matter*

**St Nicholas
Hospice Care**

A Registered Charity No. 287773



Need to talk?

01284 766133

stnicholashospicecare.org.uk

What is Music Therapy?

Music Therapy is a form of emotional support that uses music. The aims are therapeutic and the power of music is harnessed in order to work towards mutually agreed aims.

Music Therapy uses the different aspects of music (physical, emotional, cognitive, social and spiritual) to address an individual's needs, while working with their strengths. Music Therapists believe that everyone is musical, and that we all have an innate response to music. Our response to music remains intact, irrespective of age, ability, illness, impairment and mental state.



"I enjoyed all of it, music means so many different things to everyone - it evokes lots of memories"

What can happen in Music Therapy?

Listening to music together

Reduce anxiety

Build bridges of communication

Relaxation

Powerful form of expression

Singing together

Memory making

Pain control

Bereavement work

Life review work

Creativity: improvising and song writing

- Music Therapy can also help when verbal communication might be difficult due to illness or disability.
- Music Therapy can take place in groups, with families and loved ones, or individually.
- You do not need any previous experience of playing an instrument.

How can I use music at home?

Music has many different purposes and can be really useful for general living:

- What kind of music gets you up in the morning?
- What music helps you do the cleaning and exercising?
- What music helps you to relax?
- Do you know any songs that get you up and energized?
- What music makes you feel happy?
- What music brings back positive memories?
- Gentle singing can also be useful for breathlessness
- Joining a choir also provides a great social opportunity.
- Do you, or have you ever played a musical instrument? Playing an instrument can bring enormous satisfaction - is it time to dig that old clarinet or guitar out of the attic?
- Could you go to a concert or listen to one on the radio or tv?



Music Therapists are trained at Masters Level and are state registered with the Health and Care Professions Council (HCPC). They receive regular clinical supervision by an experienced therapist, and undertake continuing professional development.

If you have any further questions about St Nicholas Hospice Care or would like to speak about Music Therapy, please contact **Oliver King, Music Therapist**

01284 766133

enquiries@stnh.org.uk



Oliver King

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This leaflet is available in different formats upon request.
Please contact the Marketing and Communications Department for further information on 01284 766133.

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