

Why do we offer music therapy?

Receiving a diagnosis and treatments for a life-limiting illness often puts patients and their families on an emotional roller-coaster.

There may be many worries and uncertainties that you have to face and this can be a very stressful time for all concerned.

It can be difficult to talk about the effect all this is having on you emotionally with those closest to you, for fear of adding to their distress.

Consequently your most familiar source of support may become an additional source of worry.

How can music therapy help me?

Music is a powerful medium, which affects us all deeply in many different ways. It is all around us and forms part of our everyday life.

Music therapy is about the use of music to help and support people. It has been proven to be very effective in difficult situations when all other forms of communication have failed.

Importantly, no musical skill or experience is needed in order to use music therapy.

The aims of music therapy are determined by the strengths and needs of each patient. Typically they may include:

- increasing communication and expression
- providing emotional release
- relaxation and comfort
- spiritual support
- increasing self– confidence
- creativity and enjoyment

In the music studio, a range of accessible instruments are available including a piano, xylophone, drum kit, guitar and various percussion instruments.

The music therapist is able to work in a range of ways including:

- providing live music as relaxation
- improvising music with or for the patient
- song writing
- choosing and listening to music with the patient
- life-review through music
- making CDs

Music therapy sessions can take place in the purpose built music studio at the Hospice. Alternatively, they may happen in day care, at a patients bedside on the in-patient unit or at home.

If you would like to refer or know more about music therapy, the music therapist can be contacted via the family support office.

