



MUSIC THERAPY

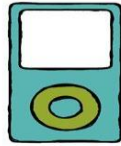


Music Therapy

is searched more than **33,000** times a month on Google.¹



Study Shows: Listening to music for 1 hour over a period of 7 days increased feelings of power, and decreased pain, depression, and disability related to chronic back, neck and/or joint pain.²



The average **PERSON** listens to **25 songs** PER DAY.³

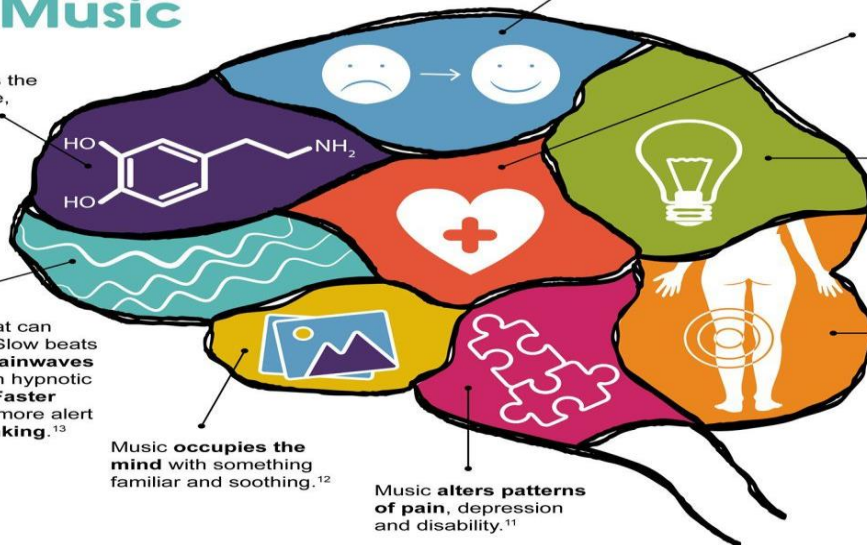
The 1st music therapy degree program in the world was founded at Michigan State University.⁴



Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.⁵

Your Brain On Music

Listening to music causes the brain to release dopamine, a **feel-good chemical**.⁶



Music acts as a **distractor**, focusing the attention away from negative stimuli to something pleasant and encouraging.⁷

Music has the **ability to alter breathing and heart rate**.⁸

Music also has the power to **improve your state of mind**. This helps keep things like depression and anxiety at bay.⁹

Music can help **reduce the perception of pain**.¹⁰

Music with a strong beat can stimulate brainwaves. Slow beats encourage the **slow brainwaves** that are associated with hypnotic or meditative states. **Faster beats** may encourage more alert and **concentrated thinking**.¹³

Music occupies the **mind** with something familiar and soothing.¹²

Music alters **patterns of pain, depression and disability**.¹¹

Try music therapy at home:

Music therapy can involve:

Add a little music to your day!

- 1 Choose your music based on the purpose of your therapy. For example, choose soft instrumental music or ocean sounds to relax. For pain management, look for music that focuses your mind on things other than your pain and discomfort.
- 2 Sit back and relax. Take deep breaths, close your eyes and let the sound of the music take over your thoughts.
- 3 Listen and concentrate. Enjoy the music for 10-15 minutes as you allow your mind and body to relax and rejuvenate.

- making music**
- listening to music**
- writing songs**
- talking about lyrics**

- Humming is often recommended for calming the mind and relieving stress.¹⁴
- Experts believe that rhythmic drumming can aid health by promoting a sense of relaxation, reducing stress and lowering blood pressure.¹⁵
- Playing an instrument for just six months can improve memory, verbal fluency, cognitive function and planning and organizing abilities.¹⁶



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¹Google AdWords

²Siedlecki, S.L. & Good, M. (2006). Effect of music on power, pain, depression and disability. J Adv Nurs. 54(5):553-62.)

³@Uberfacts

⁴American Music Therapy Association definition, 2005

⁵Valorie N Salimpoor, Mitchel Benovoy, Kevin Larcher, Alain Dagher & Robert J Zatorre. 2010. Anatomically distinct dopamine release during anticipation and experience of peak emotion to music. Nature Neuroscience 14, 257-262.)

⁶ULRICA NILSSON, RNA, PHD. The Anxiety- and Pain-Reducing Effects of Music Interventions: A Systematic Review. ACRN JOURNAL - APRIL 2008, VOL 87, NO 4

⁷Saarman, Emily. 2006. Symposium looks at therapeutic benefits of musical rhythm. Stanford News Service.)

⁸Siedlecki, S.L. & Good, M. (2006). Effect of music on power, pain, depression and disability. J Adv Nurs. 54(5):553-62.)

⁹Tan, X., Yowler, C.J., Super, D.M. & Frattianne, R.B. (2010). The efficacy of music therapy protocols for decreasing pain, anxiety, and muscle tension levels during burn dressing changes: a prospective randomized crossover trial. J Burn Care Res., 31(4):590-7.)

¹⁰Siedlecki, S.L. & Good, M. (2006). Effect of music on power, pain, depression and disability. J Adv Nurs. 54(5):553-62.)

¹¹White JM. State of the science of music interventions. Critical care and perioperative practice. Crit Care Nurs Clin North Am. 2000;12(2):219-225.

¹²Saarman, Emily. 2006. Symposium looks at therapeutic benefits of musical rhythm. Stanford News Service.)

¹³Linda Wasmer Andrews.2011. Hum a Happy Tune for Wellness. Psychology Today.

¹⁴Jane Elliott. 2009. BBC Health Report

¹⁵Diane Cole. 2014. Your Aging Brain Will be in Better Shape If You've Taken Music Lessons. National Geographic.)