

Therapeutic Healing Through Music Program Summary

Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illnesses. The program will instruct participants on:

1. Identify specific ways in which music contributes to physical and mental health and wellness.
2. Trace the history of music used as therapy and describe current trends in the “music-as-therapy” movement.
3. Describe the types of therapeutic music programs currently being adopted and assess their impact upon patient outcomes.
4. Identify the different types of music used for different health concerns
5. Identify the steps required to implement therapeutic music programs.