

MUSIC THERAPY, Definition

The ability to appreciate and respond to music is an inborn quality in human beings.

Music Therapy is the use of music and/or musical elements (sounds, rhythm, melody and harmony) by a qualified music therapist, with a client or group, in a process designed to facilitate and promote communication, relationship, learning, mobilisation, expression organisation and other relevant therapeutic objectives, in order to meet physical, emotional, mental, social and cognitive needs.

Music Therapy aims to develop potentials and/or restore functions of the individual so that he or she can achieve better intra- and interpersonal integration and, consequently, a better quality of life through prevention, rehabilitation or treatment` World Federation of Music Therapy WFMT

Music Therapists work with a variety of clients, in group and in individual settings. Music Therapy is today established with childcare, in schools and with the field of social work: care of children, youth and adults with diverse challenges, both cognitive and physical (autism spectrum, all kinds of genetic predispositions and conditions), work in psychiatry, rehabilitation, cancer care and geriatrics. Music Therapy is also used in staff welfare and supervision. In Music Therapy both receptive methods (Guided Imagery and Western Classical Music) and expressive methods are used. Music Therapists often work together as part of a team with teachers, caregivers, psychologists, doctors, social workers to optimize the outcome of the therapeutic work.