

- M** Motivation to get better, learn/regain skills
- U** Uncover coping and behaviour management strategies
- S** Self expression and creativity
- I** Improve mood
- C** Choice and control

- T** Take focus away from pain/procedures
- H** Have familiar and normal activity in unfamiliar environment
- E** Engage in positive experiences shared by the whole family
- R** Reduce anxiety and stress, relaxation
- A** Allieviate boredom
- P** Participation in stimulating, fun activity
- Y** Young and old can enjoy music together

You can help the music therapy program by:

- ♪ telling family and friends about music therapy
- ♪ making a personal or corporate donation to the music therapy program.

For further information contact:

Roxanne McLeod and Miriam Cromie
Registered Music Therapists at:

The Children's Hospital at Westmead
Telephone (02) 9845 2579
roxanne.mcleod@health.nsw.gov.au
miriam.cromie@health.nsw.gov.au

the children's hospital at Westmead

Music Therapy



What is Music Therapy?

Music therapy is the planned and creative use of music, by a trained professional, to achieve therapeutic goals. It can help people with physical, emotional, social, behavioural or intellectual needs. Music therapy allows an individual's abilities to be strengthened and new skills to be transferred to other areas in their life. Registered Music Therapists are formally trained in both therapy and music. They complete a tertiary course in music therapy, which is accredited with the Australian Music Therapy Association Inc.

Why use music with children in hospital?

- ♪ Music is familiar to children. It can provide valuable links to home, school, family and friends.
- ♪ Music forms a natural part of children's everyday lives and they respond well to music. Children often associate music with positive experiences.
- ♪ Music can be highly motivating and enjoyable.
- ♪ Music is non-threatening and easily accessible.
- ♪ Music can offer an alternate form of communication and expression.
- ♪ Music can be shared with family and friends.
- ♪ Musical activities can be controlled by people of any age and ability.
- ♪ Music can offer distraction during painful and/or invasive procedures.



Who can benefit from music therapy?

Children who are:

- ♪ undergoing medical/painful procedures
- ♪ about to undergo surgery
- ♪ withdrawn or distressed
- ♪ dealing with or recovering from trauma
- ♪ in intensive care
- ♪ experiencing pain
- ♪ with a life-threatening illness
- ♪ in isolation
- ♪ in hospital for a long period of time
- ♪ involved in rehabilitation programs
- ♪ in palliative care

Music Therapy Activities

- ♪ Singing songs
- ♪ Playing instruments
- ♪ Writing songs / composing music
- ♪ Improvising music
- ♪ Listening to music
- ♪ Music technology

