



artsinmedicine

Music therapy

Music therapy is an evidence-based, established healthcare profession that uses music as a therapeutic tool. Music therapy uses music to address non-musical goals.

Benefits of music therapy:

- Addresses emotional distress, including anxiety, depression, isolation, trauma, anger and grief
- Provides non-pharmacological pain management
- Helps alleviate physical stress symptoms, including a decreased heart rate and blood pressure, and improve oxygen saturation and sleep
- Provides comfort during a stressful or painful procedure
- Provides support for family members
- Provides end-of-life support by addressing the emotional and physical needs of the family and patient while providing comfort
- Provides reality orientation
- Facilitates movement



Music therapists are professionals who hold master's degrees in the field and are credentialed through the Certification Board for Music Therapists to assess, treat and provide ongoing evaluations of patients to meet their individual needs.

We provide inpatient and outpatient services:

- Bedside
- Individually
- In groups

All services are offered at no cost to patients, their families and friends, and staff. You do not need to be skilled in music.

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Cancer Center - Dallas
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