

## Music Therapy

### What Is Music Therapy?

Music therapy programs use music to increase positive behavior and improve quality of life. Music therapy interventions might include:

- Singing
- Listening to live or recorded music.
- Moving to music.
- Playing instruments.
- Playing musical games.
- Singing.
- Writing songs.

Board-certified music therapists use music to provide support and distraction during medical procedures, help your child cope with a hospital stay, and encourage the growth of physical, thinking and learning abilities.

### Who Benefits from Music Therapy?

Kids of all ages can benefit from music therapy—it's a fun and relaxing therapy that doesn't require any previous musical experience. Music therapy can help your child to cope with stress, anxiety and grief.

Music therapy is often part of an **integrative care** plan, which combines conventional medicine with complementary therapies.

Music therapy might help your child reduce anxiety during a hospital stay.

### Locations



## [St. Paul Campus](#)

Make An Appointment [651-290-8707](#) Refer a Patient [651-325-2200](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).