

Psychological Therapy Factsheet 16



This factsheet is about **Music Therapy**.
Music therapy is a **psychological therapy**.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.

What is music therapy

Music therapy uses music to help you to communicate with other people.

You might do this by singing, listening or playing a musical instrument.

You do not need to have played an instrument before to take part in music therapy.

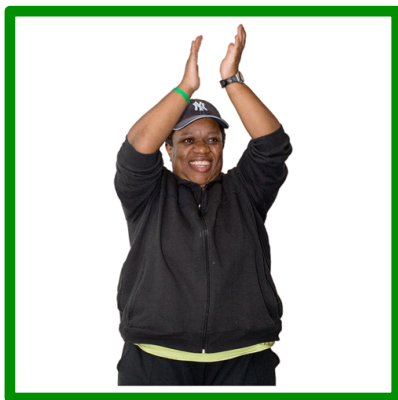
Your therapist will help you to make rhythms and sounds in your group.

Your therapist will help you to make sense of the sounds so you can understand your feelings better.

How music therapy helps you

Music therapy helps you to communicate how you feel about experiences in your past.

Music therapy helps you to deal you're your memories so you can feel happier.



What happens in a music therapy session

Music therapy sessions happen in a room that is safe. The room is big enough for you and your group to use different instruments.

You might come to a music therapy session once or twice a week. Your therapist will talk to you about how long you need to come to the sessions for.

You will work together as a group but you might also come to a session on your own. Your therapist will decide what is best for you.

You can find out more about **music therapy** on this website

www.mind.org.uk

