

MUSIC THERAPY

What is Music Therapy?

Music therapy is the clinical use of music to help people reach therapeutic goals. Engaging in music therapy can help people:

- Manage pain, anxiety, and depression
- Feel emotionally supported and able to express their thoughts and feelings
- Feel motivated to engage in their treatment
- Connect with family in a new and different way
- Relax and recharge, both mentally and physically
- Maintain a higher quality of life



Music therapy may consist of creating, singing, moving to and/or listening to music. No previous music experience is necessary. Music therapy is offered to patients, family members and caregivers.



Music therapist **Beth Hardy**, MT-BC is available ***Mondays*** and ***Wednesdays*** from ***10am to 2pm***. Schedule your appointment today by calling the Huntsman Cancer Hospital Wellness Center at (801)587-4585.

