



## Harmony

### The Harmony program at Hospice of Palm Beach County

provides gentle, non-invasive treatments that address not only physical needs, but those on social, emotional, spiritual, and cognitive levels. These Integrative Therapies do not replace traditional medical therapies; rather, they integrate with medical care that is being provided by using safe, non-medical therapies to achieve comfort and a general sense of well-being. In the same way that a harmony line enriches the melody of song, integrative therapies add a new dimension of comfort care to medical treatment. *When we are in Harmony, we are whole.*



### What Services Are Available?

**Reiki** is a gentle form of touch therapy that promotes a sense of deep relaxation and balance.

**Aromatherapy** involves the use of pure, essential oils for the purposes of relaxation, comfort, and stress relief.

**Palliative Massage** is the manipulation of the soft tissue of the body for the purpose of increased physical comfort and profound relaxation.

**Imagery Work** is an interactive process often combined with music to achieve comfort and relaxation.

**Relaxation Training** includes the use of individualized, practical techniques for relaxation that you can practice anywhere, anytime to achieve a sense of peace and well-being.

### Who Can Be Referred?

Harmony services are appropriate for patients facing such issues as:

- Acute pain
- Anxiety
- Physical discomfort
- Depression
- Agitation/restlessness
- Respiratory distress or discomfort
- Spiritual Needs
- Impending Death

**Harmony services** are delivered by qualified professionals licensed or certified in their area of expertise. Harmony consists of full-time Integrative Therapists as well as a Volunteer Practitioner Program which utilizes Licensed Massage Therapists.

To learn more about Harmony, please contact:  
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## Music Therapy

### Music is an expressive art form

that knows few boundaries. Since the beginning of civilization it has been used to calm fears and anxieties and stir feelings of hope, love and unity.



**Music brings us a sense of comfort,** completion, and wholeness. It supports, it connects, it stimulates, it relaxes, it encourages, it expresses, it consoles. Music can provide a powerful voice and validation to the thoughts and feelings that often arise when facing a life limiting illness.

Music therapy is a patient-centered, non-invasive intervention designed to alleviate pain and stress, effectively manage physical symptoms, facilitate emotional expression, enhance mood, stimulate memory recall, and provide unique opportunities for interaction and emotional intimacy. As a recognized health profession, Music therapy is the use of music-centered experiences between a credentialed professional and a patient to achieve his/her therapeutic goals.

At Hospice of Palm Beach County, Board Certified Music Therapists utilize music to meet the unique needs of our patients and their families. The music therapist forms a therapeutic bond with the patient and family and offers support from the time of admission through the last moments of life.

Hospice of Palm Beach County also offers a 6-month music therapy internship which is a part of the American Music Therapy Association's National Roster of Internship Programs.

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**For additional information about our Music Therapy Program, please contact:**

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