



## 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.

### Who Can Be Referred?

Integrative Therapies are appropriate for patients facing such issues as:

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



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

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