

Music Therapy

For inpatients at Princess Margaret Cancer Centre

Read this pamphlet to learn:

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What is music therapy?

Music therapy uses music to improve the physical, emotional and mental well-being of inpatients (patients who stay in hospital).

Music therapists are trained to use music in many ways to support cancer patients at anytime.

What happens in a music therapy session?

You will work with the music therapist to plan sessions that fit your needs.

Music therapy sessions can involve many styles of music and many different types of activities. In a music therapy session you can:

- Listen to music that is played and/or sung by the music therapist. You can choose the music you would like the music therapist to play and/or sing.
- Play music with the music therapist using simple instruments provided by the music therapist.

You are welcome to bring your own instruments as well. You can choose the music you would like to play with the music therapist.

- Write a song with the music therapist.
- Sing with the music therapist. You can choose the music you would like to sing with the music therapist.
- Create music using simple instruments provided by the music therapist or by using your voice.
- Discuss the meaning of song lyrics to help you deal with emotions that may come up during your cancer experience.

A session may last between 10 – 60 minutes depending on your needs and requests. Sessions happen between 1 and 3 times a week.

Do I need training in music to take part in music therapy?

No. You do not need any training in music to take part in music therapy. You do not need to play an instrument, know how to sing or know how write a song to get something out of music therapy.

Who can music therapy help?

Anyone who has an interest in using music for well-being (for example, managing pain and symptoms, emotional well-being) can benefit from music therapy.

Your health care team may suggest music therapy as an extra resource to help you cope with the effects of cancer care.

How can music therapy help?

Music therapy can help improve your quality of life and help you manage your symptoms and side effects of cancer and cancer treatment.

Music therapy can help you:

- Manage the physical effects of cancer and cancer treatment, for example, pain, nausea, fatigue.
- Manage and support feelings (for example, help you cope with depression, anxiety or stress)
- Express your feelings and emotions in a creative way
- Learn to use music and deep breathing to relax

How can I get music therapy sessions?

Music therapy is free for inpatients at Princess Margaret Cancer Centre. If you are interested in the music therapy program, ask your nurse or social worker to refer you to the program.

Where can I get more information?

For more information, contact:

SarahRose Black, Accredited Music Therapist
Princess Margaret Cancer Centre, Department of Supportive Care,
University Health Network

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