

Music Therapy



The Music Therapy Program at the Swedish Cancer Institute offers patients a wide range of music experiences to enhance their well-being during treatment.

What is music therapy?

Music therapy is the use of music and musical interventions to create, restore, maintain and improve emotional, physical, physiological, and spiritual health and well-being. Music can also improve physical movement and enrich a cancer patient's quality of life, which is key to the overall well-being of people undergoing cancer treatment.

Benefits of music therapy

Medical experts believe that music therapy can reduce pain, anxiety and nausea caused by chemotherapy. In fact, the power of music has been shown to affect the mind and body in the following ways:

- Lower blood pressure
- Reduce anxiety and depression associated with cancer treatment
- Provide non-pharmacological management of pain and discomfort
- Reduce stress and promote relaxation
- Effect positive changes in mood and emotional states
- Provide an avenue for patients and their families to address cancer together

What to expect

Music therapy classes offer information and hands-on experiences that assist patients with integrating music into their overall cancer treatment plan. Individual music therapy sessions can address a myriad of challenges that sometimes affect someone with cancer, such as pain, nausea, chemo brain, emotional upheavals, or stress. Music therapy integrates verbal therapy with techniques, such as music-assisted relaxation, singing, playing instruments and/or improvising or composing music. No prior music experience is required.

For more information about music therapy at Swedish Cancer Institute, please call 206-386-3200. Additional information about music therapy can be found at www.musictherapy.org



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