

Music Therapy in Mental Health



Music therapy is an effective treatment in mental illness and mental health. Utilising a psychotherapeutic framework, music therapy helps alleviate and manage symptoms; enabling a person to develop awareness, insight and clarity towards their illness and its effect on a person's emotions, behaviour, relationships, and overall functioning. Therapeutic interventions include clinical improvisation, songwriting, guided imagery music, music assisted relaxation, and so on.



www.mmta.org.my



Music Therapy in Malaysia



malaysiammta@gmail.com

Referrals

Referrals for music therapy are based on but not limited to the criteria below:

- ❖ to develop emotional regulation skills
- ❖ to develop psychosocial skills
- ❖ to develop mindfulness
- ❖ to stimulate self-motivation
- ❖ to increase relaxation; decreasing and managing anxiety
- ❖ to decrease inattention, frustration, agitation and challenging behaviours

