Music Therapy Defined

One complementary therapy that can be of value to decrease psychosocial distress in the oncology setting is music therapy. Incorporating music therapy in oncology is not a new idea. In 1992, Deforia Lane described the power and positive impact that music therapy can have for patients with cancer and their families (Lane, 1992). Music therapy is a science that uses clinical and evidence-based music interventions to accomplish individualized goals (see Figure 1). Those goals are attained in the context of a therapeutic relationship by a credentialed professional who has completed an approved music therapy program (American Music Therapy Association [AMTA], 2010) (see Figure 2). Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. Music therapists encounter patients with cancer and their families in all phases of the disease trajectory and the therapeutic aim varies according to individual needs and goals (Clair & Memmott, 2008).

Music therapy can be active or passive (see Table 1). Active music therapy is based on improvisation between the therapist and the patient or group of patients, and it requires the patient’s direct participation in creating sounds, lyrics, or other music; no music talent or experience is needed. In passive music therapy, patients, individually or in a group, listen to recorded music or to sounds made with musical instruments by a therapist. Patients do not need any music ability to benefit from music therapy (Clair & Memmott, 2008). Almost all types of music therapy can be active or passive, depending on the patient’s needs and goals.

Figure 1. Goals of Music Therapy

Note. Based on information from Clair & Memmott, 2008.

- Promotes wellness
- Manages stress
- Provides distraction
- Alleviates pain
- Enhances expression of feelings
- Stimulates memory
- Improves communication
- Promotes physical rehabilitation

Table 1. Music Therapy Levels

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<thead>
<tr>
<th>Level</th>
<th>Description</th>
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<tr>
<td>Active</td>
<td>Patient actively participates in creating music</td>
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<tr>
<td>Passive</td>
<td>Patient passively listens to recorded music</td>
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