

For more information, visit our website:  
[childrenswi.org/musictherapy](http://childrenswi.org/musictherapy)



### What songs do music therapists use?

*Preferred music! What the patient enjoys is what will be most motivating, whether it's Paw Patrol, Kendrick Lamar, or even The Beatles.*

### What does a music therapy session look like?

*Sessions can look wildly different depending on patients' age, skills, and needs. One patient might rock out on drums for emotional expression and motor skills, while another patient might listen to gentle singing for relaxation and pain management.*

### Who are music therapists?

*Music therapists are trained musicians with education in development, anatomy/physiology, psychology, and therapeutic uses of music. To become a music therapist, individuals must complete a degree in music therapy, 1200 hours of clinical training, and pass board examinations.*

## Music Therapy

Music Therapy is the research-based use of music and sound to support the needs of hospitalized patients and their families. Sessions are led by a board-certified music therapist. Benefits may include:

- Reducing feelings of stress or anxiety
- Improving developmental skills
- Increasing choice and control
- Improving coping with procedure or long hospital stay
- Improving motor skills and endurance
- Decreasing pain and agitation
- Learning positive coping skills

Music Therapy is free for all families at Children's Wisconsin, and can benefit patients of all ages. Music therapists work with anyone from preterm infants, to teenagers, to parents and caregivers. No previous experience or music skills are needed to participate!



Kids deserve the best.