

What is Music Therapy?

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music therapy interventions can be designed to:

- Promote Wellness
- Manage Stress
- Alleviate Pain
- Express Feelings
- Enhance Memory
- Improve Communication
- Promote Physical Rehabilitation

The NICoE Music Therapy Program uses music as a clinical intervention and means of self-expression for service members with comorbid traumatic brain injuries and psychological health conditions. Our music therapist has designed the program from the ground up, taking into account the needs and suggestions of the NICoE's service member population.

Integration of music therapy into the NICoE's continuum of care provides individuals with new tools to mitigate trouble focusing, anxiety and racing thoughts. It also provides a nonverbal outlet to help service members express themselves and process traumatic experiences from their past.

The music therapist is part of the interdisciplinary team that meets individually

with every service member at least once during the NICoE program, and also holds weekly group sessions for each cohort.

Group Music Therapy Curriculum

- Music Therapy is one component of NICoE's Healing Arts Program, which also includes art therapy and therapeutic writing.
- The program is 50 minutes long and explores the mind-body connection through music, talk therapy, guided imagery and meditation.
- The session is not about learning complex rhythms, it is about identifying coping techniques that are essential to a successful recovery. This is accomplished by focusing on positive images, appreciating beauty, and identifying mechanisms to find peace within to manage symptoms.