

Music Therapy interventions that can be used while in hospital include

- Singing familiar songs
- Action songs and games
- Playing musical instruments
- Creative musical improvisation
- Songwriting and recording
- Making music videos of familiar and original songs
- Music and puppetry
- Music and storytelling
- Music and relaxation
- Drawing/painting to music
- Music and movement
- Use musical applications on an iPad



Music Therapy



Sydney Children's Hospital Music Therapy is proudly supported by;



Play and Music Therapy

Level 2, High Street, Randwick NSW Australia 2031

Ph: (02) 9382 1533

Empowering children and families with healthcare needs

Music Therapy

Music Therapy is the planned and creative use of music to address an individual's physical, emotional, intellectual, and/or social needs. It is an allied health profession practiced throughout Australia and in more than 40 countries worldwide.

Sydney Children's Hospital, Randwick has offered music therapy since July 1999. There are currently two music therapists on staff who provide a full-time service in the Kids Cancer Centre and a part-time service across the remaining clinical areas. At Sydney Children's Hospital, Randwick our Music Therapy service operates from a strengths-based framework.

Music Therapy offers opportunities for:

- Choice and control
- Creative self-expression
- Promotion of self-esteem
- Musical and/or verbal expression of emotions and ideas
- Distraction or relaxation before, during and after painful and/or invasive medical procedures
- Social interaction with other patients, family members, and staff
- Enhancement of a child's quality of life with a positive and enjoyable experience



A Registered Music Therapist (RMT) is a university trained specialist who focuses on achieving therapeutic outcomes through the medium of music. Registered with the Australian Music Therapy Association (AMTA) and bound by the Code of Professional Conduct and Ethics of the association.

(Source: Australian Music Therapy Association Incorporated)

Music Therapy can...

- Assist children and adolescents to cope with the hospital environment by providing a sense of familiarity and security.
- Alleviate stress and anxiety as well as contribute to the reduction of pain through distraction and/or relaxation.
- Reduce fear and isolation by providing support and shared experience.
- Encourage a child to express feelings related to hospitalisation in a creative and non-threatening manner.
- Provide strategies to assist in developing and maintaining resilience

Why refer patients to Music Therapy?

Referrals can be made to provide support in the areas of:

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|----------------------|-------------------------------|
| Pain management | Adjustment to hospitalisation |
| Relaxation | Developmental work |
| Anxiety and distress | Socialisation |
| Physical functioning | |

