Music Therapy and Music Listening

What is it?
Music to induce relaxation has a regular rhythm (less than 80 beats per minute, no extreme pitch or dynamic and a melodic sound that is smooth and flowing).

Rationale
Used throughout history as a treatment modality.

- Individual responses influenced by personal preference, the environment, education and cultural factors.
- Determine a patient’s music preferences and assess for adequate hearing
- Offer to get a CD player and CD’s from the Patient’s Library
- Use of the relaxation or wellness channel
- Encourage patients to use their own music if available
- Consider a music library for your unit