

# Frequently Asked Questions: Hospice

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## 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. ([American Music Therapy Association Definition, 2005](#))



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## Therapeutic Outcomes

When treatment is recommended, goal areas may address:

- Improving mood
  - Decreasing muscle tension
  - Providing comfort & familiarity
  - Minimizing pain sensation
  - Promoting energy
  - Reducing anxiety
  - Supporting cognitive/sensory stimulation
  - Reducing isolation
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## Research

Music therapy showed evidence of improving patients' symptoms of mood ([Gallagher, Lagman & Rybicki, 2017](#)).

Music therapy can support patients' improved quality of life ([Hilliard, 2005](#)).

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## Intake & Assessment Process

Completion of an [Intake Form](#) starts the process for individual treatment. A comprehensive music therapy assessment will be conducted to evaluate musical and non-musical skills. Pending evaluation results, clients may receive sessions once or twice per week for 30 to 60 minutes in length.

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**Service Options:** Individual Sessions and Family Music Therapy Sessions

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## CONTACT

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