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Music Therapy as an Alternative to Traditional Therapy

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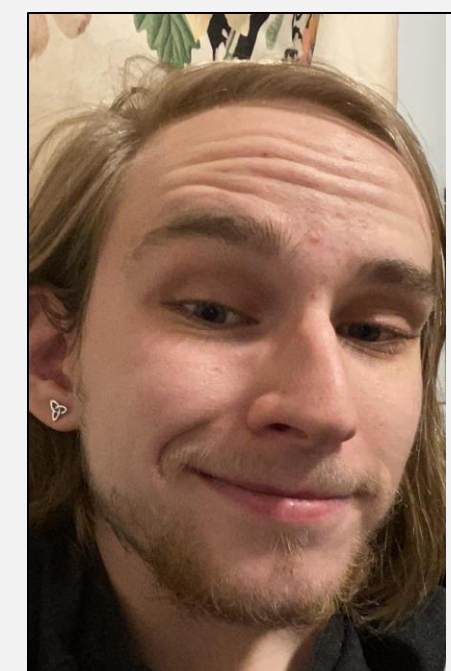
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Music Therapy is a viable Alternative to Traditional Therapy.



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Traditional Therapy may not work.

Regular Therapy may not be what they need.

Sometimes, certain forms of therapy just don't work for people. Music Therapy is affordable, and helpful for everyone, but especially those with disabilities. Take a look and see if it'll work for you!

Facts about Music Therapy

Improved Cognitive Function

A group of Scientists showed that music therapy increased Cognitive function in those with Dementia.

A class of Music Therapy

A class is a one on one session. Where one can play or listen to music to help with memory, muscles or regulate emotions.

Music therapy's first use

The first recorded use of music therapy as we know it today was to help those after World War 1 with PTSD

The AMTA

The American Music Therapy Association was created in 1998 to help further the understanding of the practice.

Music is a force for good.

There are therapy services all around the country who can and will help anyone who needs it, music therapy is simply another service that is tried and true and will help you!



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Did you know Music Therapy is especially helpful for those who are neurodivergent, and those with Dementia and other mental diseases?

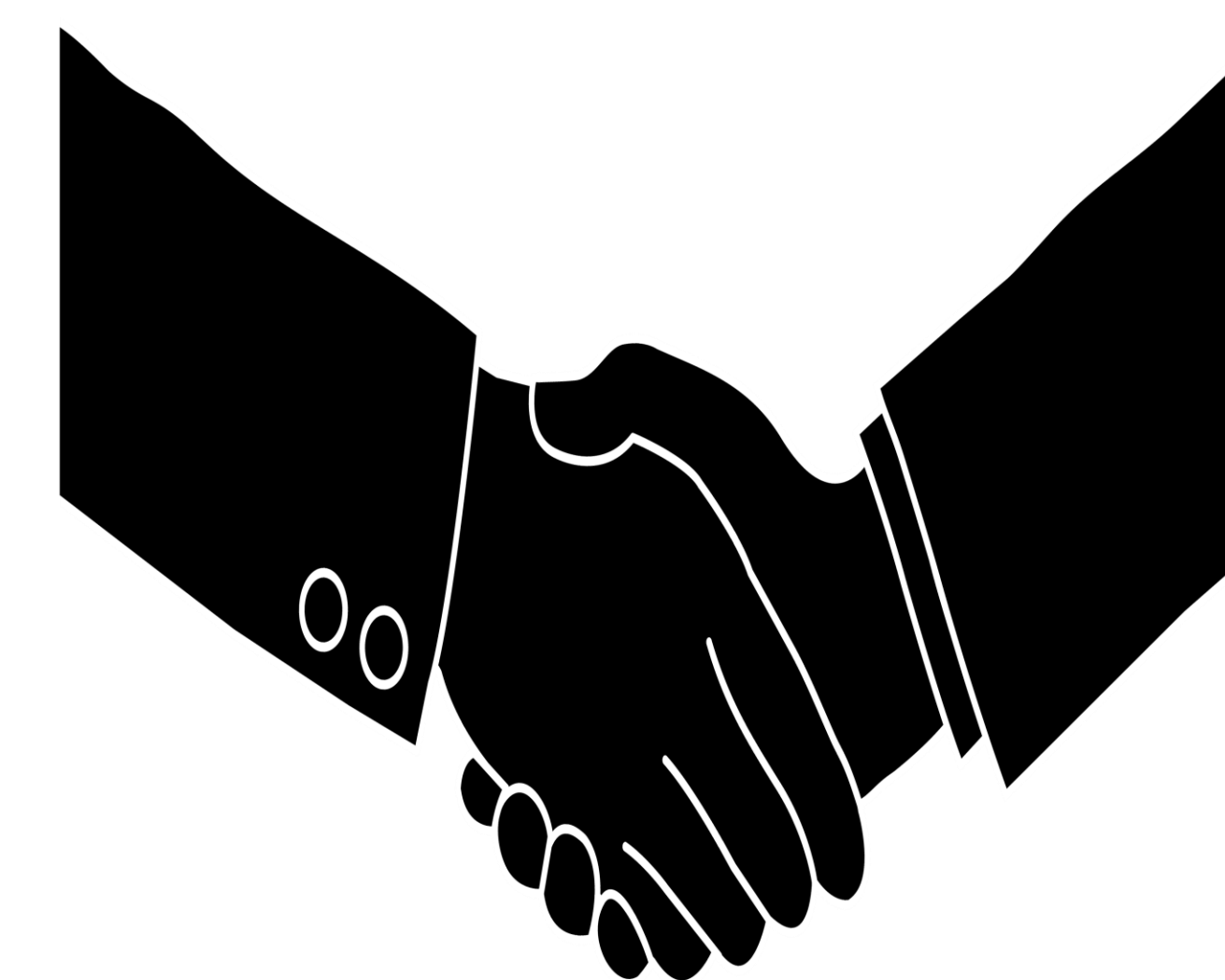
Music Therapy can help with Memory and fine motor skills



On average it costs less than regular Therapy



Local programs can be beneficial for all ages!



Good for anyone to use



Those who suffer from mental illnesses have reported that music therapy has gone above and beyond to help them in their day to day life.

Sources

[Music Therapy Historical Review | American Music Therapy Association](#)

[What A Music Therapy Session Looks Like](#)

[While the Music Lasts: on Music and Dementia.](#)

[Music therapy in the treatment of dementia: A systematic review and meta-analysis.](#)

[The effects of preferred music on agitation of older people with dementia in Taiwan.](#)

[Music Therapy - an overview | ScienceDirect Topics.](#)

[The use of Music Therapy in the treatment of Mental Illness and the enhancement of Societal Wellbeing](#)



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