

Independent Inquiry – ADAD6001

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Mmustech

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Is Music Therapy more effective in music/art therapy or as a tool alongside Psychotherapy?

Overview

In this independent inquiry, I aim to determine whether the arts (mainly focussing on music) can be used on their own as a form of therapy or are more suited and effective as a tool to be used alongside therapy. To do this I will be looking at the effect of music and sound on the brain and how it affects cognitive behaviour. The effects of music in art therapy. The use of music in psychotherapy and the relationship between types of music and its consumers. Through researching these different areas, I look to gain a more in depth understanding of the uses of music in the world of therapy, finding which form of therapy music can be more suited to. Whether it be either art therapy or simply a tool alongside a more conventional method (with the possibility that both are a viable option).

Part one will highlight the use of music in art therapy compared to the use of music as a tool in psychotherapy. Drawing on the pros and cons of both practices and forming more of an opinion and understanding of how they are used.

Part two will look at the effect of music on cognitive behaviour and the brain in general as well as the effects of different genres of music on its consumers. As this will be a useful tool for understanding the uses and applications of the previous sections.

Part three will evaluate the outcomes of parts one and two, taking the findings and using them to form an answer to the question “Is music more effective in art therapy or as a tool alongside psychotherapy?”.

Part One
Music in art / music therapy

What is music therapy?

According to the British association of music therapists, music therapy is used to draw on the innate qualities of music that cause strong connections to memories and stir feelings to help people from all walks of life and at any stage of their lives. Be this helping new born babies develop healthy and lasting relationships with their parents to providing sensitive and compassionate palliative care at the end of ones life.

This is mostly done through interactive music therapy, where as a group or individually (depending on a clients' needs) a person can express themselves through the playing of an instrument and the creation of music. It is inclusive in the sense that a client does not need to be musically adept and be able to play an instrument to take part as the aim is to be expressive not competent.

One of the other forms of music therapy is receptive music therapy, which instead of focusing on the client expressing themselves through creating music, selects music to be played to the client to influence them into feeling a certain way. Clients are made to listen to either live or recorded music and are encouraged to respond in a verbal, silent or physical way.

What are the effects of music therapy?

The effects of music therapy vary depending on the clients. It is used with children and young people and their families, to help clients with learning disabilities, clients on the autistic spectrum, clients with mental health issues, with older people and clients with neuro disabilities.

Focussing on the clients with mental health, music therapy can help clients to feel more motivated, build self-esteem, gain more self-awareness in terms of understanding their feelings and to feel like they are in an accepting and secure environment where it is possible to make positive changes in their lives.

In clients with neurological diseases or injuries, music therapy is used in either a compensatory way (using music to help trigger memories or help with communication), psycho-socio-emotional ways (as a way to help express feelings in a social way) or in a restorative way (which uses music to help relearn a skill or function like walking, through neurologic music therapy).

In a series of case studies performed by 'Music Therapy Works' (a mental health charity focussing on music therapy operating from the West Midlands, England) there have been a number of reported positive outcomes from clients referred to music therapy.

A case study named 'Katie's story' highlights such results. The client 'Katie' had been diagnosed with a severe developmental delay, coupled with a rare genetic disorder which meant that she had not met developmental milestones that other women had typically reached

by her age. She was therefore referred to music therapy in September 2016 where she then undertook individual interactive sessions for 30 minutes every week. This has led to her to have increased independence, be able to acknowledge and convey her feelings through music in a non-verbal way, develop her vocal skills and help her to develop more social skills through more positive social interaction.

Another of the case studies highlights the story of 'Mr and Mrs D'. In this case study both of the clients live in a nursing home and suffer from advanced dementia, which has led to numerous other medical issues including reduced mobility, cognitive impairment and reduced speech as the dementia progresses. With no other family members, they had been referred to music therapy by their attorney who believed that it would give them a better quality of life in their later years. They undertook sessions once a fortnight for forty-five minutes, which would be a mixture of both interactive and receptive therapy. According to the charity, the results are as follows:

- Physical and sensory stimulation including responses to rhythm, pulse and timbre
- Promotion of spontaneity and self-expression which helps to maintain a sense of autonomy and purpose in the care home environment
- Their wellbeing by increasing opportunities for engagement, stimulation and social interaction. Mr and Mrs D express much appreciation of music therapy
- Mr and Mrs D's attachment and identity as a couple by using songs and music to both reinforce memories from the past, allowing them to maintain their relationship in the present

(Music Therapy Works, 2019)

Other studies have found that dependant on the needs of the patient or client, receptive music therapy is much more effective than interactive. Especially in cases where the client / patient has been diagnosed with dementia. An article from the 'Journal of the American medical directors association' highlights such studies, having compared 38 trials containing 1418 participants, that had been compiled in OVID databases. Having compared the cases during which the trialists had been subjected to both interactive and receptive music therapy, the conclusion was that receptive music therapy had more positive results in dementia patients.

"This study demonstrated that receptive music therapy could reduce agitation, behavioral problems, and anxiety in older people with dementia, and appears to be more effective than interactive music therapy. It is easy and convenient to implement receptive music therapy; therefore, we recommended the use of receptive music therapy in nursing homes, day care centers, and client homes."

(journal of the American medical directors association, July 2018, pages 568-576)

Another study which trialled the effects of music therapy in autistic children against enhanced standard care to study an impact on symptom severity found that compared to enhanced standard care, music therapy had no significant impact on symptom severity. The trial tested 364 children from 9 different countries over a period of 5 months, all of whom had been tested according to the autistic diagnostic observation schedule. Finding a nonsignificant difference between music therapy and enhanced standard care over the time period.

“Among children with autism spectrum disorder, improvisational music therapy, compared with enhanced standard care, resulted in no significant difference in symptom severity based on the ADOS social affect domain over 5 months. These findings do not support the use of improvisational music therapy for symptom reduction in children with autism spectrum disorder.”

(Bieleninik et al, 2017)

The use of music in psychotherapy

Though on the surface, music therapy and music in psychotherapy may seem similar, their uses are very different. Whereas music therapy is used more as an entity in its entirety, in psychotherapy music is used as more of a tool.

According to Bruscia (2018) there are two types of uses for music in psychotherapy. These are ‘music in psychotherapy’ and ‘verbal psychotherapy with music’. The former occurs where music and verbal communications happen either in alongside or separately, using music to help to heal the issues. Meaning that music is key to identifying and then later helping to treat the therapeutic issue, while verbal communications are used to help make more sense of the issues.

The latter is where the main process of communication is verbal with the therapist, where the issue is identified and resolved through verbal discourse, with music being used to attempt to facilitate or enrich the communication without being thought of as key to explaining or helping to treat the issue.

Often used in this practice is a term known as ‘music imaging’, which is a broad term for an experience that allows the client / patient to respond in a number of ways, mainly associations, images, feeling or bodily sensations. This can be used with music either being dominant in the session or being more in the background, allowing the client to enter a more relaxed state during which it would be easier to converse with the therapist. There is a more specific approach to music imaging, highlighted in work by Hellen Bonney called “Guiding Imagery and Music”(1978) where the therapist would use designed music while the client is in a more relaxed state to try and invoke certain feeling or influence the session to a certain point. This would be more effective if the therapist felt that the client was avoiding or tentative to speak about a certain issue. This method can be more effective due to the effects that music can have neurologically, which will be explored in greater depth in part two of this paper.

Another method often used by therapists is lyric analysis. Gladding et al (2008) suggest that once a song has been identified by a client as having a specific meaning to them, the therapist can ask the client to analyse the lyrics and break down why they resonate with them. Possibly leading to a more in depth understanding of any underlying issues the client may have. Though the client may resonate with the song more for other reasons as opposed to the lyrics, this could lead to a greater understanding of the clients’ needs or issues.

Though an effective tool in psychotherapy, music can come with its downsides. Moore (2014) notes that an incorrect use of music in a therapeutic environment can cause

emotional flooding, anxiety, overstimulation and unwanted memory triggers. Noting that while the use of the right music can lead to breakthroughs in the wanted areas, overuse of the wrong song can prove detrimental in a number of areas perhaps leading to greater problems.

In this section we have looked at both the pros and the cons of music therapy as its own entity and using music as a tool in psychotherapy, in the next section we will look at the effects of music and sound on the brain as well as the effects of different types of music on its consumers to better understand the more social aspects and connotations.

Part Two

The effects of music and sound on the brain

Musical Modes

We all have a mental and physical reaction to music, whether that's your favourite type of music making you happy, a certain song with the ability to make you feel nostalgic or even a song or genre that you dislike making you feel on edge or even disinterested.

This could be put down to the 'modes' of music. There are seven main modes or scales and each of them has their own feel, meaning that depending on what mode or scale a piece of music is in, it can make you feel a certain way while listening.

These modes / scales are:

- Major scale – this scale is mainly happy sounding, though it can sound majestic or even sentimental if played slowly enough. Basically, this scale is all of the white notes on a piano. Song examples in this mode include Jeff Buckley – Hallelujah and Blink182 – all the small things, both songs which convey happy or triumphant sentimental feelings.
- Mixolydian mode – this mode generally has a bluesy / rocky feel but can also sound quite exotic if played in the right way. Examples of this include Coldplay – clocks and The Shondells – I think we're alone now.
- Lydian mode – this has more of a futuristic, possibly even ethereal (a delicate and light sound that doesn't seem to be from this world). This mode lends itself well to video game or film/tv soundtracks, an example being the main theme from 'The Simpsons'
- Phrygian mode – another mode with an exotic feel but this time it feels as if it originates in the middle east or possibly Jewish music. An example of this is David Newman – The Phrygian song.

- Harmonic major scale – this has a more majestic yet mysterious feel, as if you were watching a post-battle scene in a fantasy movie. An example being The National – This is the last time.
- Natural minor scale (Aeolian mode) – the opposite to the major scale, this has a sadder feel, almost dark and depressing but also sentimental and tragic. Examples of this include Bob Dylan – all along the watchtower and R.E.M – losing my religion
- Dorian mode – this mode has more of a jazzy yet sophisticated feel. Examples of this include Jimi Hendrix – Purple haze and Simon and Garfunkel – Scarborough fair.

Even though we know all those modes have general feels to them, we as people tend to rarely listen to music that doesn't have lyrics (the obvious exceptions being classical and EDM dance music). We tend to feel more of a connection to the lyrics in songs, so even though a song could sound happy and fun, the lyrics could be telling a very different story, for example the song 'Dead!' (2006) by My chemical romance where the musical backing of the song is very upbeat but the lyrics are incredibly dark, stating "Have you heard the news that you're dead? No one ever had much nice to say, I think they never liked you anyway". This adds another layer to the song meaning that while the music may feel happy, the message is a far more tragic one. Another example of a song sounding happy but the lyrics conveying a different message is Coheed and Cambria's 'you got spirit, kid' (2015) where the music feels happy and even quite triumphant but the lyrics suggest that no-one cares about your existence or even knows who you are. The opposite to this, with a more sad / sombre feel but with the lyrics being much more positive is 'it's a beautiful day today' (1969) by Moby Grape.

The musical modes are a much more simple way of artistically describing how music can affect you and make you feel, though this could be more put down to the fact that it is influenced by how society views that type of sound as opposed to a more personal viewpoint. While some people may listen to "heavier" music to relax such as heavy metal or dubstep as they feel it can keep their mind more occupied than slower, more relaxed songs. Some people may listen to sad songs in an attempt to lift themselves out of a lull, with the mindset of "at least my life's not as bad as the person this song is about" but is there a more scientific reason that could explain why music can have more of an effect on us? Could the different genres affect the brain in different ways? Next we will look at the effects of music on the brain, seeing what effects the arts have on a person neurologically and if there are any exemptions to what music makes us feel.

So, what affect does music have neurologically? Schlaug et al (2005) found that even through learning an instrument from a young age can have major effects on your brain, finding structural and functional differences between musicians and non-musicians in adults who had learnt an instrument as a child. The main cause of this being because musicians practice a series of complex motor, auditory and multimodal skills (the ability to translate a perceived symbol into a motor movement, for example being able to read music and play it at the same time), leading to greater brain plasticity. They also found that professional pianists or musicians who play the keyboard tend to practice twice as much as amateur musicians and therefore they have significantly more grey matter in a number of areas in the brain (grey matter is the part of the brain that links muscle control and sensory perception such as speech, hearing, memory, decision making and self control), which shows that the more you practice an instrument, the more positive the effect on your brain, perhaps leading to greater auditory, motor and multimodal skills than regular amateur musicians.

While learning and practicing an instrument has proven to have effects both in both functional and structural ways in your brain, researchers at Stanford University (2006) found that rhythmic properties in music can also have an effect on your brain. Through previous research they believed that music could help alter mental states in predictable ways and even help to heal damaged minds, either physically or mentally. Leading them on to the research of the rhythmic properties. They found using a device called an EEG (electroencephalographs), a device that measures electrical impulses in the brain, that music with a strong beat stimulates the brain in a way that causes brainwaves to resonate in time with the rhythm. Finding that music at 60 bpm causes the brain to release alpha brainwaves (the type of brainwave that is present when a person is in a relaxed state) and believing this to prove that music with a steady, slower beat can put someone into a relaxed almost meditative state. While music with a faster but also steady beat can put someone into a more alert and ready state. Also believing that as music can put the brain into a more alert state, increasing blood flow in the brain that it could be used to help patients with significant brain damage to aid recovery.

Everyone who likes music almost certainly has a favourite genre, though most songs are easily categorized under a larger umbrella genre, some would argue that a lot of songs would fit into multiple genres there is usually a certain style an artist tends to go for. With that being said, would our brains react differently to the different genres? I believe that would be more down to personal preference. The main reason being that if someone was vehemently opposed to a certain genre of music, for instance 'mumble rap' then they would have a different reaction to someone who frequently championed that genre. But hypothetically if both parties had ranked their least favourite to favourite genres from numbers 1-5 and had heavy rock music at number 3 then would they both react to the heavy rock in the same way or would it come down to a personal preference in certain songs? Wake forest Baptist medical centre (2017) found that through MRI scans, they could

monitor the reactions of different test subjects to their favourite and least favourite genres to see how the brains would react. They trialled the experiment with 21 different people, getting each of the subjects to listen to songs that they said they most liked and disliked, from 5 pre-determined genres (rap, classical, country, rock and Chinese opera) as well as a song that they had previously stated was their all time favourite. Finding patterns in that instead of the type of music the subjects listened to, it was their personal preference of the genres that made the most difference and had the greatest impact on brain connectivity. The circuit of the brain most affected, known for internally focused thought and empathy (known as the default mode network) was generally more disconnected when listening to the subjects least favourite genre, better connected when listening to their favourite out of the 5 genres and most connected when listening to their favourite song. Meaning that while they may not listen to the other genres frequently, their brains still reacted in a similar way depending on where they ranked each of the genres.

Knowing that your brain responds positively to your favourite type of music, further research has found that listening to music can release dopamine (more commonly known as the motivation molecule) in your brain.

“Music listening, art-making, and eating good food are all examples of positive experiences that stimulate our senses, and trigger the release of dopamine as a reward and reinforcement for appropriate responses to certain stimuli.”

Julianne Innamorato (2016)

Showing that just listening to your favourite type of music for a short time can release chemicals in your brain proven to help improve your mood substantially.

With it proven that different types of music can affect your brain in a multitude of ways, are there ways to use music to subconsciously sway perception and choice? Here we will look at the ways different types of music can be used to have an effect on its consumers.

Further research carried out by John L. Carter and Harold L. Russell (2006) at the university of Stanford shows that audial and visual stimulants can be used to help patients with learning disabilities like attention deficit disorder be able to concentrate and perform to better standards while completing other tasks. The experiments were carried out with 20 boys with varying learning disabilities between the ages of 8 and 12 years old, each from private schools. They used an audio-visual stimulator that consisted of small red LED lights on darker glass with an audio headset that emitted frequencies of 230 Hz in one ear and 238 Hz in the other. Finding that after several months of 20 minute sessions with the participants, the boys were able to concentrate for longer and even scored better on standard IQ tests and improved behavioural tests compared to when the study was first started.

Budzynski (2006) also found after a similar range of studies with students from the University of Washington who were underachieving that grades would significantly increase if spending time exposed to audio-visual stimuli. Mainly rhythmic light and sound therapy. Also finding that brain function could be greatly increased in the elderly using rhythmic

therapy as it increases blood flow in the brain, helping to unlock a greater variety of motor and cognitive actions.

The effects of music on consumers and the general public

It can confidently be said that most people have been guilty of lying about their favourite song or type of music in an attempt to be perceived as “cooler” than they actually are, or saying that they dislike a certain type of music when it is in fact a guilty pleasure of theirs. So can music be used to sway someone’s perception of a certain thing or can it be used to tempt someone into buying a certain item? You may have noticed that supermarkets put essence of vanilla through the ventilation systems to make their bakery seem more appetising, but what about music? From personal experience, fast food chains such as five guys tend to play faster more upbeat music, making the customer feel like they need to order quickly, eat quickly and leave quickly, making the whole fast food experience a lot faster. But is this a tactic employed to get more custom in the restaurant or just a coincidence? Yet if you go to a shop such as urban outfitters or a department store such as Debenhams or John Lewis, you tend to find more relaxed and calm music, to make you feel more at ease so that you spend more time in store in the hopes that you will spend more money because you’ll see more of the items they offer. At Christmas time it is almost impossible to walk into a store without hearing the same Christmas songs over and over. But when you hear them in a store it makes you think of who you need to buy gifts for and seeing as you’re already in store you’ll want to find something as soon as possible so you’ll spend more time and money there.

North et al (2015) found through a series of experiments with Scottish students that music could be used very persuasively to influence a decision. In one experiment they assigned 120 students into four different rooms, one with American music, one with Indian music, one with Chinese music and the other with no music at all. The students were then brought menus with a range of different foods from all three countries and after a few minutes were asked to recall as many of the items from the menu as well as one they would hypothetically order. Unsurprisingly, the music not only affected what items the students would order but also what items they generally remembered. With the students in the American room ordering American food, the students with Indian music ordering Indian music, the students with Chinese music ordering Chinese food. Only in the students who had no music played did they notice more of a variety as their choices had not been swayed by the atmospherics of the room.

The researchers also suggested that while background music might not always sway a customers’ usual choice, it can certainly be used to good effect. For example, if a wine merchant stocked a small selection of expensive French wines, then they may lean toward playing French music in the background to try and help the customer lean more towards it. Perhaps using it to paint a picture of a place and feeling.

Further research shows that the earlier notes regarding tempo of music being played in restaurants to have further basis in the truth. Caldwell and Hibbert (1999) found through a series of field experiments, using diners in a restaurant, that the tempo of the music would

directly influence the time the customer spent dining at the restaurant. The results showed that if the music in the restaurant was slower, then the customer would spend a significantly longer amount of time at the restaurant compared to when a faster tempo was being played. This also led to the customer spending more money on food and drink in the restaurant when the music was slower as they felt a more welcoming atmosphere as opposed to feeling like they were being rushed to finish their food, meaning that they felt they could stay longer and therefore enjoy themselves more.

Another way that supermarkets have been known to use sound to influence consumers is by using high pitched tones outside of the store to make groups of young people leave. The most popular way of doing this is using an alarm called 'the mosquito' which emits a high frequency tone four times a second that can rarely be heard by anyone over the age of 25 but can be highly irritating to anyone under that age that can hear the frequencies. This technology takes advantage of a medical condition known as presbycusis which limits the ability to hear higher frequencies as a person ages. Though this could be seen as a somewhat aggressive tactic, there is no doubting that it is an effective use of sound as a way to directly influence the consumer.

So whether being used to make a customer feel more relaxed in a store, feel more comfortable in restaurant, make a person feel more hurried and anxious or to cause a customer to leave altogether, music and sound is an effective tool that can be used to influence the consumer. In either positive or negative ways dependent on your needs.

In the third section of this paper, we shall sum up the findings of the research, evaluating all the uses of music and sound in art / music therapy and alongside psychotherapy, the pros and cons of these methods and answer the question as to which of these uses is better suited. Though as stated earlier this could potentially come with the downside of possible emotional flooding if the clients feel they cannot properly communicate their feelings or become overwhelmed by the nature of the memory the song helps to trigger.

With verbal psychotherapy with music (where music is used secondary to the verbal communication, mainly in the background), the use of music 'guided music imagery' can be used in a very effective way. Using a series of carefully selected background music the therapist may be able to subconsciously make the client feel more comfortable to talk about their feelings without concentrating too much on the music. Meaning that the risks of emotional flooding or anxiety derived from a particular song would be minimised, as the music playing may not even be lyrically guided, as a series of frequency tones could be used such as pink noise (sounds between 20 Hz and 20k Hz such as the sound of rainfall, the sea and leaves crunching) which can be seen as calming and relaxing.

Part Three

Summary of findings

In the first section we looked at the uses of music in music and art therapy. Through research we found that it can have a varying range of uses. Whether being used to help people with learning difficulties have more of a creative output, help new-born babies to develop healthy relationships with both parents, to bring about feelings of nostalgia in patients with Alzheimer's or dementia, or help clients in palliative care at the end of the lives to have a better quality of life in their twilight years. We have found that with varying degrees of success it can have a profound effect on the lives of clients who are referred to music therapy. We have seen this in the numerous case studies carried out by both music therapy mental health charities and by academics looking to enhance the field.

Though there have been cases in which music therapy is not recommended to take the place of standard or enhanced care in patients with disabilities it certainly could help to improve some of the cases if undertaken alongside the standard care, as it works to give clients with disabilities a confidence boost and a feeling of security and comfort in their current environment leading to breakthroughs in some cases with speech and language, motor skills and general social skills.

In its simplest form, interactive music therapy can have a great deal of success if the client is not too concerned with competency of an instrument. In clients with impaired motor skills and neurological disabilities, the playing of instruments in any way can be quite therapeutic and even fun leading to the breakthroughs previously discussed, whereas in clients with issues in controlling their temperament, such as anger issues the use of percussion instruments could lead to a positive outcome with the release of their anger and subsequent calming due to the striking of these instruments. Though for clients with other issues such as anxiety or depression I feel that a more structured approach to music therapy could be more beneficial. The client would not necessarily have to be competent with any of the instruments but could help to guide the therapist in such a way to help create a song that would help to express their emotions in a creative way, leading to breakthroughs with helping them to understand and deal with their emotions. If the client could work towards writing lyrics, not necessarily to any previously created music then the therapist could help them in turn create the music to accompany those lyrics. Meaning that these clients would now have a creative outlet that after a few sessions they would feel more comfortable doing in their own time, away from the music therapy sessions. Helping to control and work through any overwhelming emotions and feelings that they could be having outside of the sessions. Therefore, making the sessions more effective in a shorter term instead of being ongoing for a greater period of time if the client wished.

Receptive music therapy also has a great deal of uses as viewed in the number of case studies earlier in the paper. In most cases it can be viewed as most effective with clients in palliative care or clients with diseases such as Alzheimer's or dementia. As it can cause feelings of nostalgia and memory triggers for these clients that could lead to them having a better quality of life. In clients with Alzheimer's and dementia receptive music therapy has been known to decrease irritability and anxiety in its clients.

I feel that a mixture of both receptive and interactive music therapy could be most effective in some cases as a client would be able to identify with a song that resonates with them emotionally and then try to replicate a version of that song specific to how they are feeling, again this would be more suited to clients with anxiety or depression as it could help them to initially recognise their emotions through the therapists choice of song and then learn how to communicate and deal with said emotions.

With music being used as a tool alongside psychotherapy, we found that 'music in psychotherapy' and 'verbal psychotherapy with music' can be used to great effect. The former can be used with music as a primary tool, using techniques such as lyrical analysis where the client can identify a song that resonates with them emotionally or triggers certain memories and convey to the therapist why those lyrics make them feel the way that they do, helping to work through said emotions and develop healthy coping mechanisms leading to the resolving of underlying issues.

Conclusion

With both uses of music and sound, either alongside psychotherapy or in music / art therapy there are a number of positive uses. Neither side comes without the risk of possibly overwhelming the client, but in most cases, these are necessary to further progress. With music therapy still being a relatively new concept, there are still a lot of necessary advancements in its field. Though it can be used to great effect in a lot of cases, as proven with numerous case studies, its effects can be mainly insignificant without extra care and measures taken to help its clients. Though in terms of using it as a creative outlet to help people with learning disabilities, or to help improve quality of life for older generations in their twilight years it serves its purpose well.

Music alongside psychotherapy, I feel is a much more useful as every session would be proactively working towards the resolving of issues in a much more efficient manner, making the client feel content with the progress being made. Though in some cases I feel that a more structured version of interactive music therapy could be used alongside side psychotherapy to help the clients develop even more healthy coping mechanisms and work through issues at a faster rate.

Taking into account all of the research undertaken to help construct this paper, the current state of both the music / art therapy fields and my own subsequent opinions on how advancements could be made as well as the use of both fields simultaneously, my conclusion to the question 'Is music in sound more effective and music / art therapy or used as a tool alongside psychotherapy?' is that, music is better used as a tool alongside psychotherapy. This is due to many of the most effective parts of music therapy such as receptive techniques being able to cross over into psychotherapy seamlessly, making it more effective in terms of identifying and resolving issues for the client.

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