

USING MUSIC IN THERAPY IS A SCIENCE. HERES WHY!

Music Therapy - The Psychological Clinical Intervention

CHEMISTRY

Your brain releases chemicals when you listen to music, these include:

Endorphins- help reduce pain.
Cortisol – helps reduce stress.
Dopamine – gives you that feel good factor.

(Jernigan, 2021)

SOCIAL SCIENCE

Listening to that national anthem, nursery rhyme, or favourite music artist can help increase contact, cooperation and coordination with others. Improve mood, emotions, memory and identity.
(Suttie, 2015)



Stephenhicks.org , 2024

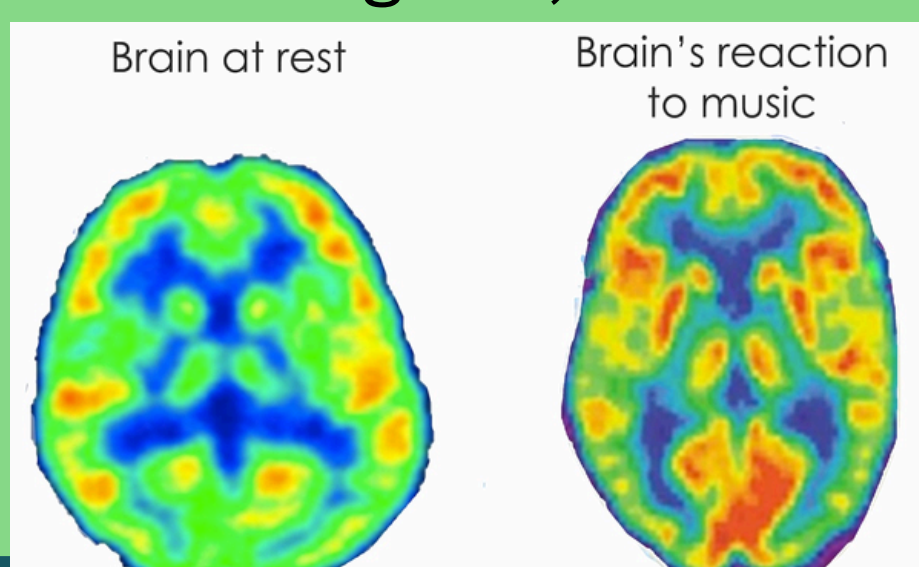
PHYSICS

The first ever MRI used in Britain was on the 28th August 1980.

(Stalker, 2018)

MRI of the brain when at rest/listening to music.

(Changeart, 2021)



BIOLOGY

Music therapy is a clinically proven approach that uses music to boost any ones groove through movement, whether young or old. Rhythm has the potential to strengthen and even improve motor signals, such as walking and balance issues.

(Funfactfiesta.com, 2024)

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