

ENVISIONING THE FUTURE OF MEDICAL MUSIC THERAPY

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Abstract: For the field of medical music therapy to grow and evolve in the best way in the future, music therapists need to deliberately plan and prepare for what will come. This presentation will discuss the current status of medical music therapy and include the breadth and depth of practice as well as the current status of theory and research in the field. Specific suggestions are then provided for clinical practice, theory and research for the future, including how types of research needed to provide evidence for the future as well as development of theory and methods of practice. Following this review, the presenter examines the need for music therapists to address the major health problem internationally: cardiac illness. She provides information on the biopsychosocial aspects of cardiac disease with a focus on the effects of depression and anxiety. She also discusses the current literature on how music listen and music therapy influence cardiac processes. She presents her own research wherein music therapy has been used to prevent and treat heart disease. Finally, she discusses her clinical work using music therapy with persons in heart failure and waiting for a heart transplant. The presentation concludes with a challenge to music therapists to enter this area of research and practice.

