



Music Therapy

FOR CABRINI
PALLIATIVE INPATIENTS

Patients can access free music therapy sessions while staying at Cabrini Palliative Care, made possible by The Veronica Choo Neo Png Creative Arts Program.

WHAT IS MUSIC THERAPY?

Music therapy is a research-based practice, involving the intentional use of music to improve quality of life. Music therapy is facilitated by university-trained registered music therapists, who work in a variety of contexts with people of all abilities and backgrounds.

Music therapy can help you by:

- Reducing anxiety and stress
- Regulating mood and energy levels
- Increasing motivation
- Managing anger and frustration
- Regulating heart rate, breathing and blood pressure
- Reducing pain by increasing your body's production of natural pain killers
- Facilitating connections with your loved ones
- Reconnecting you to the music you love



About me

My name is Caitlin, and I'm the music therapist at Cabrini Palliative and Supportive Care, working two days with inpatients and one day in the community. I sing, and play guitar and flute. I play a wide range of music thanks to my background in classical and jazz, and love being introduced to new music in sessions.

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DO YOU HAVE TO BE ABLE TO PLAY AN INSTRUMENT?

No – anyone with an interest in music, no matter their skill level, can participate in music therapy.



WHAT DO YOU NEED TO PARTICIPATE?

Nothing! I'll bring my equipment into your room, and we'll start from there. Loved ones are also welcome to join the session, in accordance with COVID-19 visiting restrictions and density requirements.

WHAT HAPPENS IN A SESSION?

Music therapy is a responsive, adaptive practice, and the session will be driven by your choices and requests. Some people choose to take a passive role in a session, and prefer to just listen, while others take a more active role, and choose to sing and/or play instruments. I have a wide repertoire of music that I can play and sing, and if you request a song I don't know, I'll learn it for you!

Each session is different, but may include:

- Listening to live music – either guitar and voice, or flute
- Listening to recorded music
- Using music as a relaxation induction
- Creating personalised playlists i.e. to energise you for the day, or to help you get to sleep
- Finding online music resources, such as free streaming performances
- Singing along to live music
- Writing or adapting a song, or creating other legacy items for your loved ones
- Playing your own instruments



WANT TO BE INVOLVED OR LEARN MORE?

Please let a member of staff know that you're interested in music therapy, and they'll create a referral. You can also contact me at pallcaremusic@cabrini.com.au

