

# Music Therapy and Youth Mental Health

## What is music therapy?

Music therapy is facilitated by a board-certified music therapist (MT-BC) who has completed an approved music therapy program. MT-BCs use musical interventions to address individualized, functional, non-musical goals.

## Goal areas For Mental Health

MT-BCs address various goals, such as, managing stress, improving sensory regulation, improving emotional expression, discuss coping skills, increase self-expression, improving communication skills, etc.

“music therapy interventions have the potential to improve self-esteem, social engagement, decrease social isolation, and depressive and anxiety symptoms in psychiatric adolescents (both in inpatient and outpatient settings)” (Freitas, 2022)

Examples of interventions include songwriting, lyric analysis, improvisation, etc.

According to the American Music Therapy Association Workforce Analysis (AMTA, 2021), 23% of music therapists work with those with mental health needs