



Efficacy of Music therapy in Health and it should be integrated MORE within Hong Kong

What is Music Therapy?

Music Therapy is defined as the **clinical** and **evidence-based** use of music intervention in order to achieve **individualized goals** in a therapeutic relationship. (Rebecchini, 2021).

What settings are Music therapy used in?



Elderly and palliative care

(Magic Media AI, 2023)

Special Educational Needs



Rehabilitation or Mental health care

Benefits within these settings

Elderly and Palliative Care

Music therapy within this area, there is a positive effect towards:

1. Pain
2. Physical comfort
3. Fatigue
4. Relaxation
5. Mood
6. Quality of Life

(Williard, 2005)

(Rebecchini, 2021)

Rehabilitation or Mental Care



(Magic Media AI, 2023)

Special Educational Needs

Music therapy within this area, there is a positive effect towards:

1. Enhanced Engagement
2. Communication
3. Working Memory
4. Processing Speed

(Chen, 2024)

My own experiences during internship



in this internship, efficacy of music therapy is shown through each session.

Children:

- they were better able to express emotions that are felt.

elderly (neurocognitive disorders):

- regain some ability in working memory
- regain some clarity of mind



The integration of music therapy within the system of healthcare within Hong Kong is not enough.

- Lack of licensing board
- Lack of local accredited music therapy degree
- classified as alternative medicine

Limits

- There are **stark differences** in **availability** and **perception** between different countries.
- **Confusion and inaction** during music therapy sessions creates **ineffectiveness**.

- As awareness grows, there should be moves toward formal recognition under Hong Kong's healthcare or social services framework.
- Businesses, NGOs, and schools should be more open and accepting towards music therapy.

Future

