

# 3 GOOD HEALTH AND WELL-BEING



Community Partner:



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## 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).

### 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

(Hilliard, 2005)

(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

#### Rehabilitation or Mental Care



#### 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)

(Magic Media AI, 2023)

### 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

References:  
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SUSTAINABLE DEVELOPMENT GOALS