



World Federation of Music Therapy
Federación Mundial de Musicoterapia

What are the benefits of music therapy?

Music therapists help clients reach a variety of non-musical goals such as:

- Improving Social Skills
 - Expressing Emotions
 - Increasing Self-Confidence
 - Improving Fine and Gross Motor Skills
 - Facilitating Relaxation
 - Coping with Loss
 - Increasing Concentration
- (AMTA, Australia, 2007)

www.wfmt.info