



World Federation of Music Therapy  
Federación Mundial de Musicoterapia

## What is music therapy research?

Music Therapy research demonstrates the effectiveness of music therapy programs in many areas including:

- Effect on mood and affect
- Emotional support for clients and their families
- Psychosocial growth
- Physiological responses (e.g. heart rate, respiration)
- Neurophysiological functioning
- Pain perception
- Physical rehabilitation
- Speech, language and communication
- Movement

(AMTA, Australia, 2009)

[www.wfmt.info](http://www.wfmt.info)