



World Federation of Music Therapy
Federación Mundial de Musicoterapia

What is music therapy?

Music Therapy is the use of music and/or its musical elements (sound, rhythm, melody and harmony) by a qualified music therapist, with a client or group, in a process designed to facilitate and promote communication, relationships, learning, mobilization, expression, organization and other relevant therapeutic objectives in order to meet physical, emotional, mental, social and cognitive needs (WFMT, 1996).

www.wfmt.info