

Music Therapy



What is music therapy :

Music therapy utilizes music to maintain or improve the quality of life of children, adolescents and their families. Music therapy promotes adaptation to the illness and hospitalization, provides a more normal environment, helps provide stimulation to all the senses and it helps coping with end-of-life issues.

What we do :

- playing with the instruments
- playing or singing familiar tunes
- writing songs
- choosing songs to listen to
- moving and playing to the music



Music therapy...

***Promotes the expression of feelings**

Brenda is a teenager who suddenly became gravely ill. Music helps her to express intense feelings by writing lyrics to music and by playing various instruments.

***Helps increase quality of life**

Matthew is a baby who has been at the hospital since birth. He moves to the rhythm of music and plays on the tambourine with a small stick. He smiles and interacts with others even though he is unable to speak.

***Facilitates communication**

Mark can't talk. Music therapy helps him to communicate his inner world through musical activities. He can also feel more in control when he chooses instruments to play or songs he wants to listen to. It also allows him the opportunity to share a pleasant activity in his room.

Who is a music therapist:

A music therapist is a graduate of a music therapy program recognised by the Canadian Association for Music Therapy (CAMT) and accredited (Music Therapist Accredited: MTA) as well as an active member of the CAMT.

The music therapist has knowledge and competencies in:

- playing various instruments
- using music therapy methods
- understanding human behaviour

How to get music therapy services:

Music therapy is offered on a consultation basis. A staff member can preferably fill out a consult ("Requête de services professionnels") and send it to:

Office A-414: Music Therapy Services



Pascal Comeau, MM, MTA

Pager: (514) 406-1042

Christelle Jacquet, MMT, MTA

Pager: (514) 406-2849

Local: A-414

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