



# MUSIC THERAPY

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# Research plan

**introduction**

**identification**

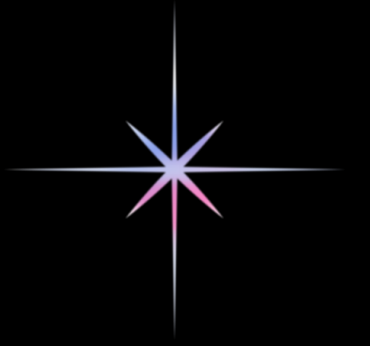
**Origins**

**Classification**

**Goals**

**Applications**

**Conclusion**







# • INTRODUCTION

**Music therapy is considered one of the modern techniques integrated within alternative psychological approaches, especially in clinical psychology.**

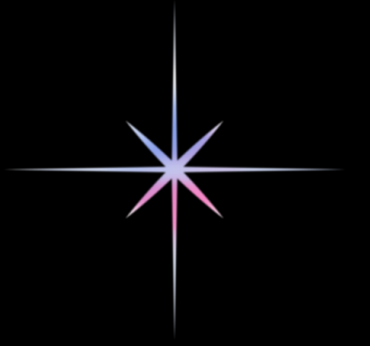
**Music is not only a means of entertainment, but also a non-verbal language capable of penetrating psychological barriers, stimulating repressed emotions, and contributing to emotional stability.**

**This theoretical study aims to provide a comprehensive overview of music therapy in terms of its concept, origins, theoretical foundations, objectives, and practical applications in the clinical field.**





# 1.DEFINITION

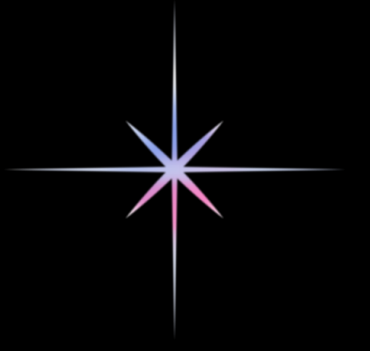


**Music therapy is the structured and purposeful use of music and its elements (rhythm, melody, tone...) within a therapeutic process aimed at achieving specific psychological goals, supervised by trained professionals. This type of therapy is considered non-verbal, allowing the patient to express emotions without the need for words, which is especially suitable for individuals who face difficulties in verbal expression.**





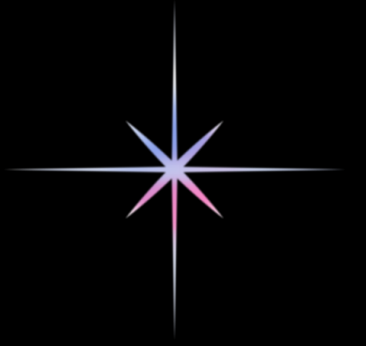
## **2. ORIGINS AND DEVELOPMENT OF MUSIC THERAPY**



**The use of music for therapeutic purposes dates back to ancient times, as it was employed by Pharaonic, Greek, and Chinese civilizations in religious rituals and spiritual healing. However, as an organized therapeutic practice, music therapy began to take shape after the First and Second World Wars, when the positive effects of musical performance on soldiers with psychological trauma were observed. In the 1950s, the first training programs for music therapists emerged, marking the beginning of its recognition as a therapeutic tool. In 1950, the National Association for Music Therapy was established in the United States to set professional and scientific foundations for the field. Today, music therapy is used in hospitals, psychological centers, schools, and rehabilitation centers around the world.**



# 3.THERAPEUTIC CLASSIFICATION



Music therapy is classified as a complementary or alternative therapy. It is not considered an independent therapeutic school but is used as a supportive tool within several therapeutic approaches, such as:

Humanistic therapy: through self-expression and personal growth.

Psychoanalytic therapy: as a tool for unconscious emotional release.

Cognitive-behavioral therapy (CBT): as a means to modify behavior and reduce anxiety.

Art therapy: being one of its creative branches.

Thus, music therapy is employed as a therapeutic approach that complements traditional psychological interventions.





**Reducing  
stress and  
anxiety.**

**Improving  
general mood**

#### **4. OBJECTIVES OF MUSIC THERAPY**

**Facilitating the  
expression of  
emotions  
and internal  
conflicts.**

**Supporting  
the process  
of coping with  
trauma  
and psychological  
pressure.**

**Enhancing  
communication  
between  
patient and  
therapist.**



**Depression**  
helps elevate  
mood and  
stimulate  
psychological  
energy.

**Psychosomatic  
disorders**  
reduces pain  
perception and  
increases  
self-acceptance.

## 5. APPLICATIONS IN CLINICAL PSYCHOLOGY

Music therapy is used in various  
psychological disorders, including:

**Anxiety**  
calming music  
reduces  
muscular  
and mental  
tension.

**Psychosis**  
contributes to  
improving social  
interaction and  
reducing isolation

**Autism  
spectrum disorders**  
used to enhance  
communication and  
attention skills.



# ● CONCLUSION

Music therapy represents one of the increasingly effective supportive methods in clinical psychological treatment. Despite the challenges it faces, its positive outcomes in improving mental health make it a promising field that requires further academic and practical research and development, especially within local contexts.







# THANK YOU!

FOR LISTENING.