

Music Therapy is available on  
Mondays and Thursdays

For more information or to make a  
referral please contact:

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Music Therapy services  
are fully funded by the  
North Shore Hospice Society  
[www.northshorehospice.ca](http://www.northshorehospice.ca)

Music Therapy Association of BC  
[www.mtabc.com](http://www.mtabc.com)

Canadian Association of Music Therapy  
[www.musictherapy.ca](http://www.musictherapy.ca)

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[www.vch.ca](http://www.vch.ca)

## Patient and Family Support Music Therapy



*"Where words fail, music speaks"*  
~ Hans Christian Anderson

North Shore Palliative  
& Supportive Care Program  
319 East 14th Street  
North Vancouver BC V7M 1P6  
Tel: 604-984-3743

"Music can lift us out of depression  
or move us to tears - it is a remedy,  
a tonic, orange juice for the ear.  
But for many of my neurological  
patients, music is even more -  
it can provide access, even when  
no medication can, to movement,  
to speech, to life. For them, music  
is not a luxury, but a necessity."

~ Oliver Sacks



The Patient and Family Team includes a Music Therapist.

## What is Music Therapy?

Music therapy is the skillful use of music by a trained healthcare professional therapist to meet the needs of the patients and their families.

## How can music help?

### Psychologically, music can:

- Decrease anxiety and tension
- Relieve insomnia
- Provide opportunities to express emotions
- Facilitate self expression and communication

### Physiologically, music can:

- Promote muscular relaxation
- Stimulate endorphin release
- Assist in pain and symptom management

## Individual and Family Sessions

- Available Mondays & Thursdays on the Palliative Unit and in Hospice

### The Music Therapist can provide:

- Sessions that vary to match the individual and unique needs of patients & families
- Live guitar, vocal and piano music
- Opportunities for self expression through singing, songwriting, art
- Music designed to promote relaxation
- Individual guided imagery sessions
- Support for families with children and youth
- Life review
- Legacy work
- Musical 'vigils' for patients who appear unresponsive and/or close to death
- A collection of recorded music

## Relaxation Program for Cancer Patients and Their Family & Friends

- Ongoing support group & relaxation program led by a music therapist and social worker
- Offers a helpful & supportive place to explore, learn and practice relaxation techniques. Research shows that music promotes relaxation and helps with pain management

**When:** Thursdays, 10:00 am

**Where:** Lions Gate Hospital, Medical Day Centre Gymnasium

## Hospice Relaxation Space

- A place for patients and families to find quiet stillness with music & relaxation
- Relaxation, guided imagery, support
- Led by a music therapist and social worker

**When:** Mondays, 2:00 pm

**Where:** North Shore Hospice, Sacred Space

