



Healing in Harmony

Exploring the Potential of Music Therapy in Chronic Pain Treatment



What is Music Therapy?



Music Therapy is an evidence-based profession.

Delivered by an accredited music therapist, uses planned and creative music-based interventions.

Supports people to improve, restore or maintain health, functioning and well-being.



How can Music Therapy help in the treatment of Chronic Pain?



It is a safe, medication-free, low-cost therapy.

It can help reduce pain, stress and anxiety for people living with chronic pain.



How will our project help?



Providing live music inside the operating theatre to reduce anxiety and perception of pain during medical procedures.

Initial findings are highly positive. It will put Limerick on the international map for innovative pain procedures.



Who is involved?



The multi-disciplinary team at the Croom Pain Management Service, led by Professor Dominic Harmon, are supporting this project.

The service is a national leader, addressing the physical, psychological, and social aspects of pain.