



Music Therapy: An Art Beyond Words

Leslie Bunt, Leslie Bundt

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Can music help people to overcome or cope with mental health problems? Music therapy is a relatively new discipline; although the power of music to alleviate illness and distress has been recognised for centuries, it is only in the twentieth century that systematic research into the reasons for its efficacy has really begun. Leslie Bunt has written this book to explain the purposes and techniques of music therapy as it is practised today to a wide range of mental health professionals, and for all those interested in the use of creative arts in therapy. power of music to alleviate illness and distress has been recognised for centuries, it is only in the twentieth century that systematic research into the reasons for its efficacy has really begun. Leslie Bunt has written this book to explain the purposes and techniques of music therapy as it is practised today to a wide audience of mental health professionals, and for all those interested in the use of creative arts in therapy.

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