

There are a number of ways that music therapy can help with women's health symptoms:

- Music therapy influences the autonomic nervous system, modulates hormone levels, improves sleep quality, and enhances emotional regulation.
- Music therapy can assist with pain relief. Studies from across the world have evidenced that individuals undertaking music therapy as a clinical intervention identified reduced pain levels both during and after therapy sessions.

This unique, client-led clinical intervention is accessible to everyone as no pre-existing musical skills are required. It's not about being able to play an instrument or learning musical skills, it's about making a connection and enabling people to communicate.

We have the highest clinical standards and all of our therapists are HCPC registered, have a minimum Level 3 Safeguarding, and are Access NI checked.



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Northern Ireland Music Therapy Trust delivers over 6,500 hours of music therapy each year, working with clients with a broad range of illnesses and conditions. Women often experience more health issues than men, and these may be related to a number of life-stages and conditions including period pain, childbirth, endometriosis, or menopause. In 2025 we were the first organisation in the UK to run a music therapy programme specifically for menopause and we continue to learn and develop our work in women's health.

Contact us to find out more.



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**Music Therapy For
Women's Health**

Music therapy plays a crucial role in Women's health. It gives women a place to pause, reflect, and reconnect with themselves. It may support women experiencing, life transition, chronic illness, perinatal challenges, menopause-related change, or other experiences affecting mental and emotional wellbeing such as a hysterectomy or mastectomy. It can support women to:

- **Express and process emotions** in a safe and supportive environment.
- **Improve emotional wellbeing** by reducing stress, anxiety, low mood, and emotional overwhelm.
- **Develop emotional regulation** and find healthy ways to cope during challenging or transitional periods.
- **Reconnect with identity**, encouraging self-expression and a stronger sense of self.
- **Support cognitive function**, helping with concentration and brain fog often associated with menopause through active music-making and therapeutic listening.
- **Reduce isolation** by fostering meaningful connection with others through shared therapeutic experiences.
- **Process trauma and life changes**, including experiences such as illness, hysterectomy, mastectomy, fertility challenges, or other significant physical and emotional transitions.



Sessions are tailored to each individual's needs and can be delivered on a one-to-one basis or in groups, depending on therapeutic goals and the wider care context. No previous musical experience is needed—the focus is on using music as a therapeutic tool rather than developing musical skills.

Whether supporting women through motherhood, menopause, illness, recovery, or other life changes, music therapy offers a space to pause, reflect, and reconnect. It helps women feel heard, understood, and empowered while supporting emotional wellbeing, personal growth, and resilience.

Music therapy recognises that every woman's experience is unique. Sessions are tailored to individual strengths, preferences, and goals, creating a supportive environment where each person can explore their experiences at their own pace. By encouraging creativity, self-reflection, and meaningful therapeutic relationships, music therapy can help women build confidence, develop coping strategies, and foster a greater sense of balance and wellbeing throughout their journey.

Music therapy can also help women reconnect with activities that bring comfort, enjoyment, and a sense of purpose. Through shared musical experiences or personal creative exploration, it offers opportunities to rediscover strengths, celebrate progress, and nurture hope, supporting overall quality of life alongside physical and emotional care.

“Explore identity and self-expression while fostering confidence and resilience.”



"Create space for reflection, self-discovery, and renewed confidence."

