



Making Every Day Count

Harp Therapy



What is Harp Therapy?

The harp is a beautiful instrument and is used in therapy to offer support people emotionally, psychologically, physiologically, and spiritually. The music creates relaxation through a cradle of sound. It can help to ease discomfort and promote calmness.

How is it different to listening to other music?

With Harp Therapy, the focus is on the listener.

The harpist takes cues from the listener by matching the harp playing to their breathing and heart rate, also picking up on mood and music preferences. This can change throughout the session.

Harp Therapy is very different to our current traditional types of therapy which focus solely on relaxation. With Harp Therapy it is very much about being in the moment, supporting mindfulness and allowing the listener to be themselves.

What are the benefits?

There are so many benefits of Harp Therapy. The vibration and resonance from the strings produce comfort and healing properties. The sound of the harp helps to sooth pain and anxiety. The music and sounds vibrate at a cellular level to offer soothing and deliver a sense of peace. It can also help in releasing emotion.



'We experienced a truly magical and beautiful moment with our dear family member. She was serenaded by the harpist in a peaceful and tranquil manner, playing her favourite song. Thank you for making a difficult and sad time so uplifting for all who were there.'

How can I find out more about Harp Therapy at St Rocco's?

St. Rocco's recently welcomed Cathy as a volunteer. Cathy is a qualified Therapeutic Harp Practitioner and has been offering Harp Therapy on the **Inpatient Unit** and in the **Vitality Centre**.

To find out more please discuss with your line manager or contact the Voluntary Services Team.