



Emily Olson **Certified Music Practitioner**

Live therapeutic music can provide emotional, spiritual, mental, and physical comfort for a loved one in the hospital, nursing home, or hospice care. Therapeutic music is tailored to a patient's immediate needs and requires no physical or verbal interaction.

Benefits of Therapeutic Music

Slows down and calms heartbeat and respiration rate

Moderates stress-related hormones and anxiety

Reduces muscle tension and improves body motion

Stimulates the immune system

Promotes a feeling of well-being and peace

Even patients who are sedated, cognitively-impaired, or at the end of life can benefit from the calming effects of therapeutic music.

*Where words fail,
music speaks.*

*Hans
Christian*

Emily Olson

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- ▶ 20 years of professional performance experience
- ▶ Certified Music Practitioner, Music for Healing & Transition Program
- ▶ Master of Music, University of Michigan
- ▶ Bachelor of Music in Performance and Music Education, The Ohio State University



Photography by Mark Jones

Emily plays and sings therapeutic music to foster healing and strengthen the spirits of patients and their caregivers. She has served a variety of healthcare settings, including Arbor Hospice, Corewell Health System, and the University of Michigan Health System, along with several retirement communities and private clients in Southeast Michigan.