

Music Therapy with Maureen Hearn

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Dr. Maureen Hearn is Associate Professor and Director of the Music Therapy Program at USU. Dr. Hearn's research explores how the practice of self-care with expressive arts can impact a professional and personal life. Focusing specifically on music therapy, she explains how this form of mental health treatment can be traced back thousands of years. Dr. Hearn aims to help domestic abuse survivors find their identity again by expressing themselves through the creative arts. Listen to this episode of our podcast to hear how Dr. Hearn found her passion for music therapy and how she plans to make this method of therapy more widely accepted and available to the public.

