

How can music therapy assist with recovery from cardiothoracic surgery?

Prof. Dr. Alison Short, Western Sydney University



Dienstag, 14.04.2026 um 17.00 Uhr
im Hörsaal Fritz Schumacher-Haus, Gebäude N30,
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Martinistraße 52, 20251 Hamburg

Der Vortrag ist in englischer Sprache.

Anmeldung über musiktherapie@hfmt-hamburg.de oder

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This presentation puts forward music therapy as an interprofessional evidence-based discipline practised within an ecological approach to health, potentially offering mental health benefits during cardiothoracic recovery and rehabilitation. After exploring the role and nature of professional music therapy, the results of two Australian empirical studies using music after cardiothoracic surgery (CABG & PCI) are outlined. Implications for increasing uptake of primary and secondary prevention strategies to reduce further hospitalisation and improve community public health are further discussed.

Prof. Dr. Alison Short, PhD, MT-BC, RMT, FAMI, RGIMT, Western Sydney University is a foundational Australian-trained Registered Music Therapist with clinical experience in aged and palliative care, mental health, medical and community settings. Her broad scope of research and education in music therapy-related fields is internationally recognised and valued, as evidenced through invitations, publications, and collaborations. Dr Short is an Honorary Life Member of the Australian Music Therapy Association, and represents Australia and New Zealand on the Council of the World Federation of Music Therapy.

In Zusammenarbeit mit

