

WHAT IS MUSIC THERAPY?

Music Therapy can be defined as the *clinical use of music as a therapeutic intervention for persons who have special needs*. It does not claim to cure in the medical sense, but rather seeks to develop the potential of the individual and to improve the quality of human life. Music therapy addresses the emotional, physical, and spiritual needs of an individual. It is a non-invasive treatment modality, which can benefit patients, family members, friends and support staff. Music therapists work with all age groups in many different settings.

Music Therapy Can ...

- ❑ Provide non-threatening means of opening up communication channels.
- ❑ Offer a means to resolve past conflicts through reminiscence and life review.
- ❑ Provide catalyst for release of pent-up emotions.
- ❑ Facilitate creative personal expression.
- ❑ Maintain and strengthen family bonds.
- ❑ Validate an individual's life experiences.
- ❑ Explore spiritual values.
- ❑ Provide pain management and relaxation through guided imagery exercises.
- ❑ Provide diversion and meaningful use of time.
- ❑ Facilitate acceptance by encouraging choices and decision-making.
- ❑ Reduce anxiety and stress.
- ❑ Strengthen self-esteem.
- ❑ Encourage healthy communication.

Services in music therapy are facilitated through client and therapist interaction using one or more of several ways in which music can be experienced:

- ❑ Lyric Analysis (both live and recorded)
- ❑ Playing “*Musician-proof*” Instruments
- ❑ Singing/Chanting/Toning
- ❑ Moving to Music
- ❑ Creating Music (improvising with the therapist or writing lyrics for original songs)
- ❑ Creative Arts
- ❑ Guided Imagery/Relaxation Exercises
- ❑ Meditation

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For more information on music therapy, contact:

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REASONS FOR MUSIC THERAPY REFERRALS

SPECIFIC OUTCOMES:

I. PSYCHOLOGICAL/EMOTIONAL NEED

- Distress, fear, withdrawn, anger, grief, or anxiety
- Expression of Emotions
- Need for Reminiscence, life review/evaluation
- Predisposition to creative means of expression (music, art, etc.)

Goals

- Improve perception & differentiation of feelings
- Increased motivation
- Decreased anxiety/agitation
- Communication and self-expressions (sharing and/or venting of feelings, hopes, fears, concerns, etc.)
- Use of art forms to enhance expression/communication
- Improved self-image/increased self-esteem

Rationale for Music Therapy

- Music can stimulate and support feelings and memories.
- Music (especially song) can put feelings into non-threatening structure.
- Therapist can help process feelings verbally or non-verbally.
- Therapist can facilitate life-review verbally or non-verbally.

Possible Interventions

- Use music, which reflects patient's mood.
- Use musical selections, which have particular meaning for patients.
- Allow for verbal processing of feelings, concerns, etc.
- Provide opportunities for non-verbal processing of feelings, concerns, etc. (e.g., using art materials, choosing songs which express issues, improvising on instruments).
- Use life-review techniques (e.g., making CD's of important music, thoughts, and/or stories; photo-essays, collages, guided imagery, etc.).
- Do songwriting exercises.

II. SOCIAL/COMMUNICATION NEED

- Isolation
- Strained relationships with family and/or friends
- Family support
- Staff/patient stress

Goals

- Increased verbalization and self-awareness
- Improved group cohesiveness
- Support family strengths and facilitate positive shared experiences
- Help bridge generations

Rationale for Music Therapy

- Music can unite a group, ease tension, and provide a sense of community.
- Music can clarify values and provide pleasurable experiences for families to share.
- Music can unite young and old.

Possible Interventions

- If possible, have patient attend group sessions.
- Encourage families to participate in music therapy with the patient.
- Involve staff in group exercises.

III. PHYSICAL NEED

- Pain Management
- Difficulty Sleeping
- Respiratory Distress
- Manifestations of Anxiety

Goals

- Anxiety Control
- Pain Control
- Relaxation

Rationale for Music

- Music can promote reduced muscle tension and support a sense of calm.
- Relaxation techniques can be learned and used by patient.
- Techniques may help patient gain sense of acceptance.

Possible Interventions

- Use music with slow, even rhythms, repetition, and soft timbre instruments.
- Use relaxation techniques (breathing exercises, autogenic or progressive relaxation, etc.).
- Use guided imagery with or without music.
- Try various combinations of the aforementioned.
- Provide a music library.
- Provide books/stories, etc. on CD.

IV. SPIRITUAL NEED

- Faith is important to patient
- Faith requires support
- Questioning meaning of life
- Fear of death and/or unknown

Goals

- Support faith
- Support search for meaning
- Support development of Higher Power concept

Rationale for Music Therapy

- Music can be experienced as uplifting, hopeful, spiritual, etc.
- Music can facilitate reflection and meditation.

Possible Interventions

- Provide music from patient's faith tradition.
- Sing songs from patient's faith tradition together.
- Provide reflective/meditative music.
- Teach patient simple meditation techniques.