

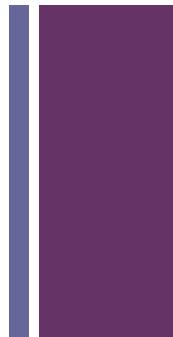


Hit That Drum, Not Your Neighbor!

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NICU Music Therapist
Emergency Medical Technician



Who Are You?



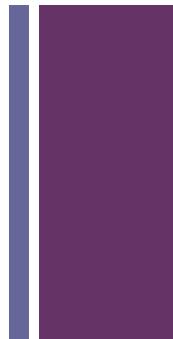
- Crisis
- Inpatient
- Outpatient
- Residential
- Specialty services
- Mental Illness and Substance Abuse



What do you
want to learn?



What is Music Therapy?



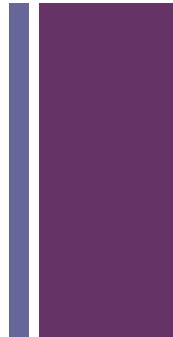
“Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”

- American Music Therapy

Association, n.d.



What Does That Mean?



■ “Music Therapy is the clinical and **evidence-based** use of music interventions to accomplish **individualized goals** within a therapeutic relationship by a **credentialed professional** who has completed an approved music therapy program.”



The Facts

- Established healthcare profession
- Uses music within a therapeutic relationship
- Addresses physical, emotional, cognitive, and social needs
- Client abilities strengthened and transferred to other areas of lives
- Provides avenues for communication
- Research supports effectiveness in overall physical rehabilitation, facilitating movement, increasing motivation to engage in treatment, providing emotional support, and an outlet for expression of feelings



True or False?!

- Working on non-musical goals
- Working with Gabby Giffords to regain speech after surviving a bullet wound to the brain
- Working with older adults to lessen effects of dementia
- Work with hospitalized patients to reduce pain
- Working with children with autism to improve communication
- Working with premature infants to improve sleep patterns and increase weight gain
- Someone with Alzheimer's listening to an iPod
- Musicians on Call
- Celebrities performing at a hospital
- Nurses playing background music for patients
- Artists in residence
- Arts educators
- High school student playing guitar in a nursing home
- Choir singing on a pediatric floor of the hospital

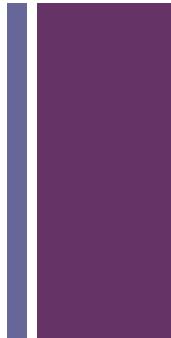


What is NOT Music Therapy?

- Arts in Healthcare (AIH-C)
- Therapeutic Music (CHTP, CCM, CMP)
- Music Thanatology
- Sound Healing
- Sound Therapy
- Drum Therapy



Origins of the Music Therapy Profession



- Music has been used for healing purposes since the time of Aristotle and Plato.
- Music Therapy in the late 1700's through 1900's
- Modern Music Therapy profession in US: post WWII
 - First University-Based Degree Program: 1944
 - Professionally organized in 1950
 - Currently over 5000 MT-BC's in the US

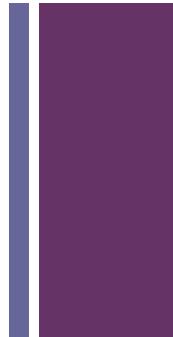


MT Education and Training

- Abnormal psych
- Psychology
- Human development and anatomy
- Clinical practice/methods – therapy
- Music and behavior/cognition
- Music Therapy Methods
- Ethics and Research
- Music Cores – theory, composition, history, applied lessons, ensembles, conducting, functional guitar, piano, and voice
- Population studies
- General core classes



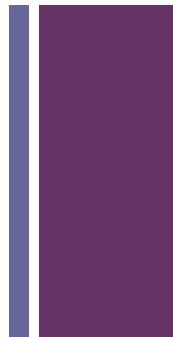
MT Education



Undergraduate and Graduate:

- Practical applications of music therapy – on site training.
- Clinical appraisal & assessment
- Treatment planning
- Evaluation/documentation of clinical changes
- Major instrument; proficiency in functional use of piano, guitar, and voice

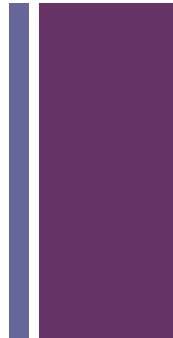
Graduate Education



- Mental health sciences
- Human development/behavior
- Multiculturalism
- Creative arts therapies
- Research and Ethics
- Neuroscience
- Education



Credentialing



Board Certification:

- Academic coursework + 1200 clinical work
- Board certification exam
- Credentials of: MT – BC
 - Music Therapist – Board Certified
- Ongoing education and credential maintenance
- Individual state licensure efforts



Where Do Music Therapists Work?

- Hospitals
- Schools
- Nursing Homes, Senior Care Facilities
- Psychiatric Facilities
- Community Mental Health Agencies
- Rehabilitation Centers
- Day Care Facilities
- Private Practice
- Outpatient clinics
- Agencies serving persons with developmental disabilities
- Drug and Alcohol programs
- Halfway houses

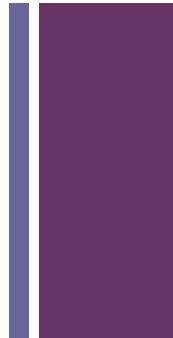


Who Can Receive Music Therapy?

- Children
- Adolescents
- Adults
- Elderly
- Mental health
- Developmental and learning disabilities
- Alzheimer's disease and other aging related conditions
- substance abuse problems
- Brain injuries
- Physical disabilities
- Acute and chronic pain, including mothers in labor.



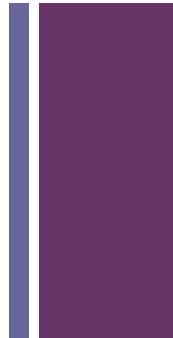
Behavioral Health Clients



- Psychotic disorders
- Mood disorders
- Situational/Reactive disorders (neurosis)
 - Substance Abuse Disorders



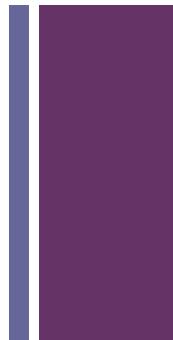
Implementing Music Therapy



- MT assesses patient's functional levels
- Incorporates individual's specific needs and preferences into goals and objectives
- Engage patients in music experiences that ensure trust and encourage participation
- Continue treatment regimens with music experiences that promote functional changes
- MT supports transfer of learned skills into daily life
- Outcomes are documented and referrals to other professionals are made when necessary



Implementing Music Therapy



- Targeted goals and objectives vary by individual
- One or more areas can be targeted within one session
- Domains of functioning addressed:
 - Affective
 - Cognitive
 - Communication
 - Physiological
 - Social



Qualities of Music

- Provides sensory stimulation that evokes and regulates motor responses
- Enhances emotional responses that are integral to learning and change
- Facilitates social interaction essential to building relationships
- Provides opportunities for communication of feelings, needs, and desires
- Provides an enjoyable and nonthreatening means of rehabilitation and recovery
- Evokes associations that contribute to an increase in well-being, life quality, and standard of living
- Provides diversion from inactivity, discomfort, and daily routine to facilitate treatment adherence
- Is flexible and can be adjusted to meet the needs of varying physical, communication, cognitive, social-emotional, and behavioral functioning levels
- Is structured and occurs through time, which provides a framework for restoring and maintaining function
- Provides stimulation that holds attention and concentration, facilitating learning across all domains
- Is measurable and can be documented, assessed, analyzed, and validated to track progress in treatment

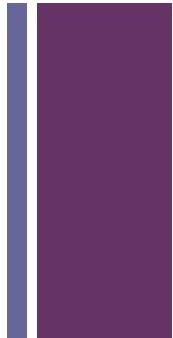


Why Music Therapy?

- Music is a core function in our brain
- Our bodies entrain to rhythm
- We have physiologic responses to music
- Children, even infants, readily respond to music
- Music taps into our emotions
- Music helps improve our attention skills
- Music uses shared neural circuits as speech
- Music enhances learning
- Music taps into our memories
- Music is a social experience
- Music is predictable, structured, and organized—and our brain likes it!
- Music is non-invasive, safe and motivating.

+

Why Music Therapy?



- <http://abcnews.go.com/WNT/video/person-week-celebrating-music-therapists-29455541>

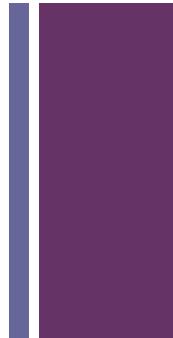


Behavioral Health Goals

- Global Health
- Mental State
- General Functioning
- Social Functioning
- Reduced muscle tension
- Decreased anxiety/agitation
- Enhanced interpersonal relationships
- Increased motivation
- Improved self-image/Increased self-esteem
- Increased verbalization
- Improved group cohesiveness
- Successful and safe emotional release



Affective



- Improve self-esteem, self-concept, and self-awareness
- Improve body image and body-awareness
- Promote emotional awareness and release and expression of emotion
- Re-establish healthy functioning and coping skills
- Uncover repressed memories and emotions
- Promote emotional catharsis
- Develop personal insight and awareness of personal issues



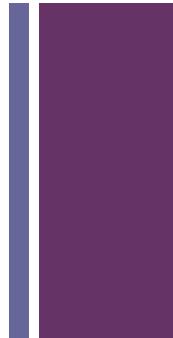
Cognitive

- Increase tolerance for instruction
- Increase attention span and attention to task
- Improved reality orientation
- Improve reality testing
- Facilitate behavior change
- Learn and practice new behavior
- Develop cognitive and coping strategies
- Develop behavioral and impulse control



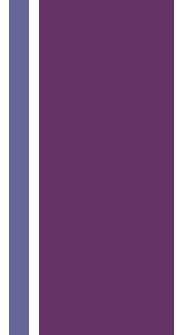
Communication

- Improve verbal and nonverbal communication skills





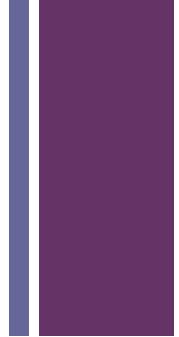
Physiological



- Increase relaxation and deal appropriately with stress and anxiety



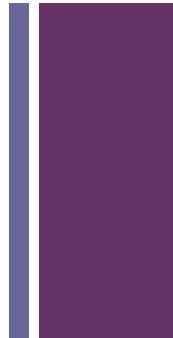
Social



- Improve social skills, social behavior, and group behavior
- Improve interpersonal relationships



Classification of Music Therapy Treatment Practice



- Music therapy as an activity therapy
- Insight music therapy with re-educative goals
- Insight music therapy with re-constructive goals



Supportive, Activity Oriented Music Therapy

- Success-oriented, structured, and socializing in nature
- Active participation
- Here and now
- GOALS
 - Client practices new patterns of behavior and response
 - Emphasis on developing new coping skills, improving self-confidence, and learning more adaptive responses
- Therapist Role
- Interventions
 - Group singing, drumming experiences, performance/skill building



Insight Music Therapy with Re-Educative Goals

- Elicits emotions or reactions directly related to therapeutic outcome
- GOAL
- Use of Music
- Interventions
 - Lyric analysis
 - Group therapy experiences
 - Music and storytelling



Insight Music Therapy with Re-Constructive Goals

- Reconstructive, analytical and catharsis-oriented
- Uncover, relieve, or resolve subconscious conflicts
- GOAL

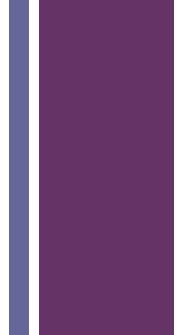


Obtaining Music Therapy Services

- American Music Therapy Association
 - www.musictherapy.org
- Certification Board for Music Therapists
 - http://www.cbmt.org/certificant_search
 - https://www.cbmt.org/provider_search



Favorite Resources



- TED Talk: https://www.youtube.com/watch?v=z_H3MVZPtAA
- A Career in Music Therapy:
<https://www.youtube.com/watch?v=736ubPebPzY>

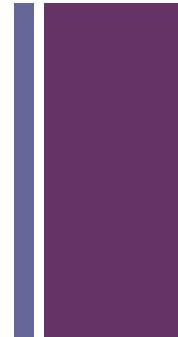


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