

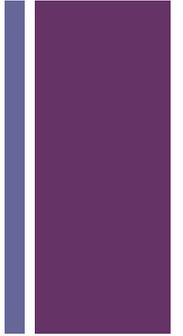


# Hit That Drum, Not Your Neighbor!

Katie Myers, M.M., MT-BC  
NICU Music Therapist  
Emergency Medical Technician



# Who Are You?



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

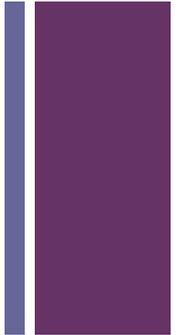


**What do you  
want to learn?**

# + What is Music Therapy?

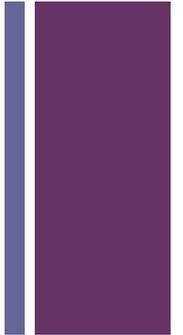
**“Music therapy** is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”

*- American Music Therapy Association, n.d.*

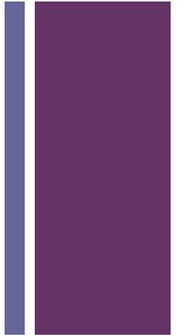


# + What Does That Mean?

- “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

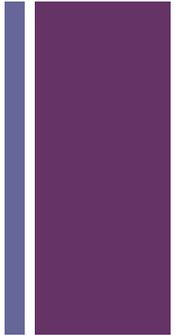


- Established healthcare profession
- Uses music within a therapeutic relationship
- Addresses physical, emotional, cognitive, and social needs
- Client abilities strengthened and transferred to other areas of lives
- Provides avenues for communication
- Research supports effectiveness in overall physical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



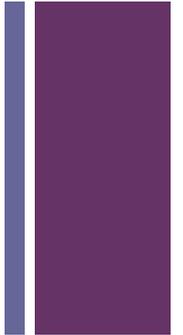
# True or False?!

- 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





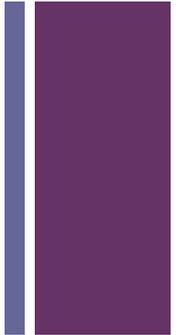
# What is NOT Music Therapy?



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

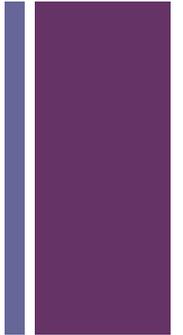


# Origins of the Music Therapy Profession



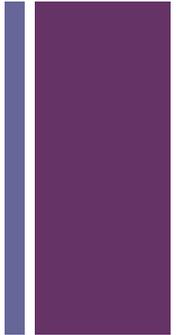
- Music has been used for healing purposes since the time of Aristotle and Plato.
- Music Therapy in the late 1700's through 1900's
- Modern Music Therapy profession in US: post WWII
  - First University-Based Degree Program: 1944
  - Professionally organized in 1950
  - Currently over 5000 MT-BC's in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

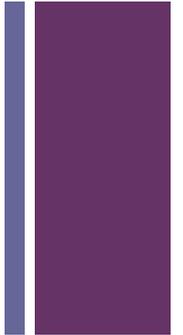
# + MT Education



## Undergraduate and Graduate:

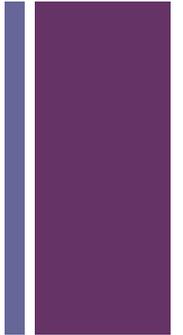
- Practical applications of music therapy – on site training.
- Clinical appraisal & assessment
- Treatment planning
- Evaluation/documentation of clinical changes
- Major instrument; proficiency in functional use of piano, guitar, and voice

# + Graduate Education



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

# + Credentialing

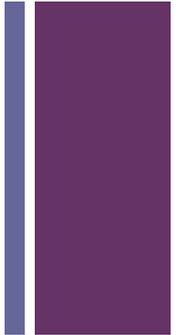


## Board Certification:

- 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



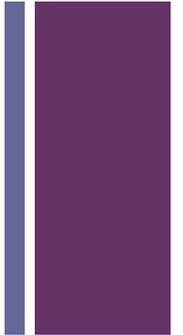
# Where Do Music Therapists Work?



- 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

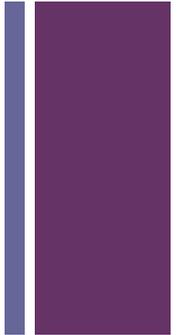


# Who Can Receive Music Therapy?



- 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.

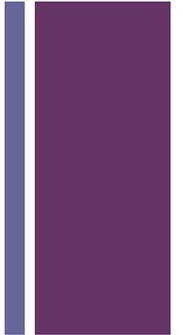
# + Behavioral Health Clients



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

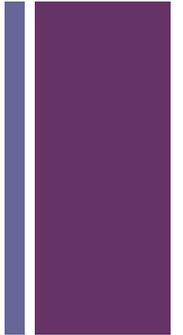


# Implementing Music Therapy



- 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

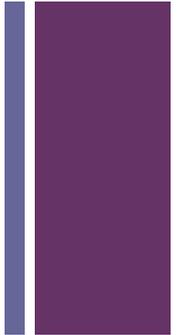


- Targeted goals and objectives vary by individual
- One or more areas can be targeted within one session
- Domains of functioning addressed:
  - Affective
  - Cognitive
  - Communication
  - Physiological
  - Social



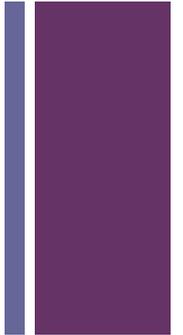
# Qualities of Music

- 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



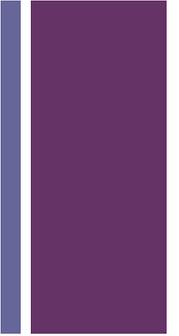
# + Why Music Therapy?

- 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?

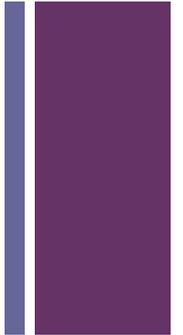
- <http://abcnews.go.com/WNT/video/person-week-celebrating-music-therapists-29455541>



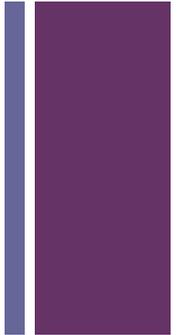


# Behavioral Health Goals

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

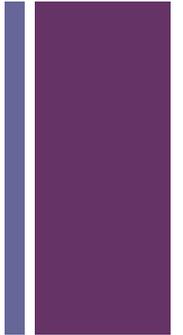


# + Affective



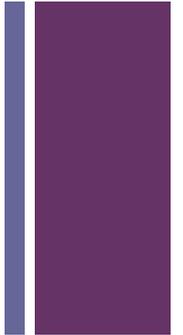
- Improve self-esteem, self-concept, and self-awareness
- Improve body image and body-awareness
- Promote emotional awareness and release and expression of emotion
- Re-establish healthy functioning and coping skills
- Uncover repressed memories and emotions
- Promote emotional catharsis
- Develop personal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

# + Cognitive



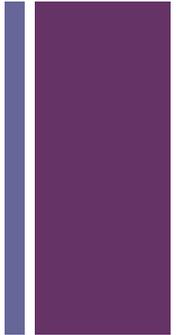
- Increase tolerance for instruction
- Increase attention span and attention to task
- Improved reality orientation
- Improve reality testing
- Facilitate behavior change
- Learn and practice new behavior
- Develop cognitive and coping strategies
- Develop behavioral and impulse control

# + Communication



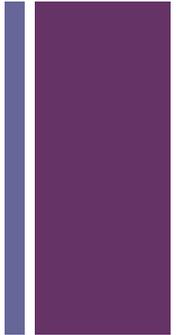
- Improve verbal and nonverbal communication skills

# + Physiological



- Increase relaxation and deal appropriately with stress and anxiety

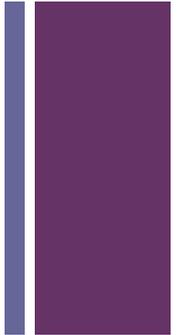
# + Social



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



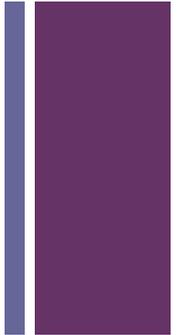
# Classification of Music Therapy Treatment Practice



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



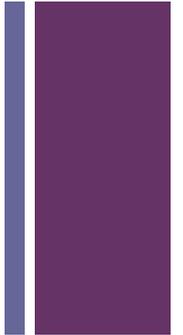
# Supportive, Activity Oriented Music Therapy



- 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



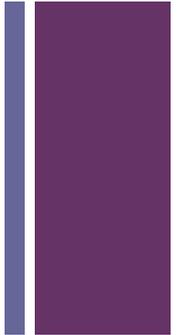
# Insight Music Therapy with Re-Educative Goals



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



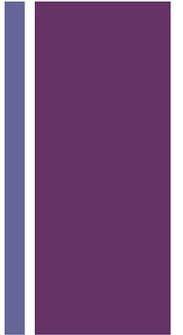
# Insight Music Therapy with Re-Constructive Goals



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

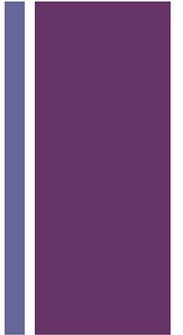


# Obtaining Music Therapy Services



- American Music Therapy Association
  - [www.musictherapy.org](http://www.musictherapy.org)
- Certification Board for Music Therapists
  - [http://www.cbmt.org/certificant search](http://www.cbmt.org/certificant_search)
  - [https://www.cbmt.org/provider search](https://www.cbmt.org/provider_search)

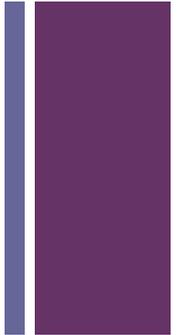
# + Favorite Resources



- TED Talk: [https://www.youtube.com/watch?v=z\\_H3MVZPtAA](https://www.youtube.com/watch?v=z_H3MVZPtAA)
- A Career in Music Therapy:  
<https://www.youtube.com/watch?v=736ubPebPzY>



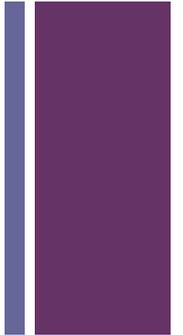
# References



- American Music Therapy Association:  
<http://www.musictherapy.org>
- Belasco, L. (2015). Introduction to Music Therapy. – Powerpoint presentation given at Georgetown School of Medicine.
- Crowe, B. J & Colwell, C. (2007). *Music therapy for children, adolescents, and adults with mental disorders: Using music to maximize mental health.*
- [http://www.musictherapy.org/assets/1/7/bib\\_psychopathology.pdf](http://www.musictherapy.org/assets/1/7/bib_psychopathology.pdf)
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4040058/>



# Contact Info



**Katie Myers, MM, MT-BC**

NICU Music Therapist

Emergency Medical Technician

[Klmyers1189@gmail.com](mailto:Klmyers1189@gmail.com)