

FHCA 2019 Annual Conference & Trade Show

CE Session #33 – Music Therapy: Not Just Campfires and Kumbaya

Tuesday, August 6 – 6:00 to 7:30 p.m.

Celebration 3-4 – Clinical/Care Practices

Upon completion of this presentation, the learner will be able to:

- Identify at least three clinical goals for referral to music therapy services
- Identify corresponding outcomes for each of the above goals
- Identify the credentialing organization for MTs-BC and where to find an MT-BC

Seminar Description:

Music therapy is an evidence-based, allied-health field in which music is used to reach therapeutic goals. Since music is processed throughout the brain, it is an effective tool for facilitating the rehabilitation of functional cognitive, motor, communicative and psychosocial skills while boosting quality of life. In this session, attendees will learn about the potential for music therapy and expanding your program.

Presenter Bio(s):

Sharon Graham, M.M., MT-BC is a Music Therapist-Board Certified and founder and director of Tampa Bay Institute for Music Therapy (TBIMT). She received her master's degree in music therapy from Florida State University, is a certified NICU Music Therapist (credentialed NICU-MT) and Neurologic Music Therapist (NMT) with a variety of clinical experience.

Music Therapy: Not Campfires and Kumbaya

Sharon Graham, MM, MT-BC, NMT, NICU-MT
Founder & Executive Director, Tampa Bay Institute for Music Therapy, LLC
Cecelia Varnum, MM, MT-BC, NMT
Music Therapist-Board Certified, Neurologic Music Therapist
Eric Ervast, MM, MT-BC, NICU-MT
Music Therapist-Board Certified, NICU Music Therapist



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, 2019



Music Therapy is: ~an allied health profession



American Music Therapy Association
www.MusicTherapy.org

Certification Board for Music Therapists
www.cbmt.org



~accredited by the NCCA (National
Commission for Certifying Agencies)

Who can Provide Music Therapy?

Steps to becoming a Music Therapist-Board Certified (MT-BC)

- 1 Degree in Music Therapy
- 2 1,200 hrs of clinical supervision (practica and internship)
- 3 Successfully pass the CBMT board certification exam

Music on the mind

When we listen to music, it's processed in many different areas of our brain. The extent of the brain's involvement was scarcely imagined until the early nineties, when functional brain imaging became possible. The major computational centres include:

- CORPUS CALLOSUM** - Connects left and right hemispheres.
- MOTOR CORTEX** - Movement, foot tapping, dancing, and playing an instrument.
- PREFRONTAL CORTEX** - Creation of expectations, violation and satisfaction of expectations.
- NUCLEUS ACCUMBENS** - Emotional reactions to music.
- AMYGDALA** - Emotional reactions to music.
- SENSORY CORTEX** - Tactile feedback from playing an instrument and dancing.
- AUDITORY CORTEX** - The final stages of listening to sounds. The perception and analysis of tones.
- HIPPOCAMPUS** - Memory for music, musical experiences and contexts.
- VISUAL CORTEX** - Reading music, looking at a performer's or one's own movement.
- CEREBELLUM** - Movement such as foot tapping, dancing, and playing an instrument. Also involved in emotional reactions to music.

PHOTO: THE GLOBE AND MAIL. SOURCE: THIS IS YOUR BRAIN ON MUSIC: THE SCIENCE OF A HAPPY OBSESSION

Music's Effects on the Brain

Clinical Domains That Music Therapy Can Address

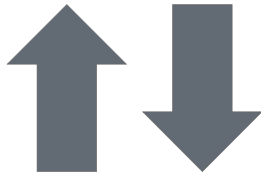
- ❖ Cognitive
 - > Memory, attention, executive functioning, impulse control, academics
- ❖ Communicative
 - > Vocalization, oral-motor coordination, nonverbal communication (facial affect, ASL)
- ❖ Physical
 - > Movement (volitional, strength, gross/fine coordination) and activities of daily living
- ❖ Physiologic
 - > Heart rate, respiration rate, arousal/alertness
- ❖ Psychosocial
 - > Validation, emotional expression and regulation, analysis, support systems, coping mechanisms, appropriate interaction,
- ❖ Sensory
 - > Visual discrimination, auditory discrimination, multimodal stimulation

Research shows that music therapy can:

- ❖ Decrease anxiety and agitation
- ❖ Decrease perception of pain
- ❖ Decrease or eliminate need for sedation
- ❖ Normalize environment
- ❖ Facilitate emotional expression and social interaction
- ❖ Promote cognition and physical rehabilitation
- ❖ Enhance developmental and academic goals for children
- ❖ Elevate mood
- ❖ Improve quality of life
- ❖ Improve receptive and expressive speech with neurological disorders
- ❖ Improve reality orientation
- ❖ Increase relaxation, coping, and motivation, sensory stimulation
- ❖ Increase both nonverbal and verbal communication

Iso-Principle

- ❖ Decrease perception of pain
- ❖ Decrease anxiety, agitation
- ❖ Increase alertness, motivation
- ❖ Elevate mood



Music for Speech Rehabilitation

- ❖ Increase phonation
- ❖ Decrease delays due to apraxia
- ❖ Increase clarity of speech


"Hey Jude"
The Beatles

A E
Hey Jude, don't make it bad,
E7 A
take a sad song, and make it better.
D A
Remember to let her into your heart,
E E7 A
then you can start to make it better.

A G D A
Na na na nanana na! Nanana NA! Hey Jude!

Music for Cognition

- ❖ Increase impulse control
- ❖ Increase executive functioning
- ❖ Increase attention span



Music for Memory

- ❖ Musical Echoic Memory Training
- ❖ Reminiscence & reality orientation



Songwriting

- ❖ Coping
- ❖ Validation of feelings
- ❖ Executive function
- ❖ Group cohesion

Don't Worry, Be Happy
Bobby McFerrin

Here's a little song I wrote,
you might want to sing it note for note
Don't worry, be happy!

In every life we have some trouble
When you worry you make it double
Don't worry, be happy!

Ain't got no place to lay your head
Somebody came and took your bed
Don't worry, Be happy!

Landlord say your rent is late
He may have to litigate
Don't worry, be happy!

Songwriting

Validation and Hope	Toxic Positivity
This is hard. You've done hard things before and I believe in you. What could go right?	You'll get over it! Just be positive!
I know there's a lot that could go wrong. What could go right?	Good vibes only! Stop being so negative!
All vibes are welcome here. It's pretty normal to have some negativity in this situation.	Think happy thoughts! Never give up!
It's probably pretty hard to be positive right now. I'm putting out good energy into the world for you. Sometimes giving up is ok. What is your ideal outcome?	Just be happy! See the good in everything
It's never fun to feel like that. Is there something we can do today that you'd enjoy?	
It's probably really hard to see any good in this situation. We'll make sense of it all later.	

@selfwithahill


Here's a little song we wrote,
you might want to _____

In every life we have some trouble
When you worry you make it double

Ain't got no place to _____
Somebody _____

Music for Motor Goals

- ❖ Volitional movement
- ❖ Gross and fine motor coordination
- ❖ Strengthening
- ❖ Activities of daily living/ ADLs



Rhythmic Auditory Stimulation for Gait Training

<https://www.youtube.com/watch?v=c-EWS9mWq2I>

Music for Socialization



Music for Socialization

Questions?

Tampa Bay Institute for Music Therapy, LLC
www.MusicTherapyFL.com | (813) 298-4286

American Music Therapy Association
www.MusicTherapy.org

Certification Board for Music Therapists
www.cbmt.org



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