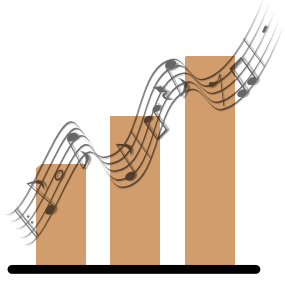


MEDICAL MUSIC THERAPY

Music interventions provide unique ways for patients to achieve psychological, behavioral, and physical goals where traditional approaches may fall short.

WHY MUSIC THERAPY WORKS

Over 60 years of research has established connections between music and memory, singing and speech, and rhythm and motor skills. Research conclusively demonstrates that facilitated music interventions improve mood, attention, and behavior to optimize patients' ability to build resilience, practice new coping skills, regulate their emotional state, and learn or re-learn functional life skills.



In practice, music therapy can address situational anxiety, symptoms of depression or isolation, and improve skills required for daily living, including motor skills, communication skills, and cognitive skills. It also works with patients to process trauma and increase emotional awareness and emotional regulation.

MUSIC THERAPY CASE EXAMPLE: IN-PATIENT

BACKGROUND

A patient with relapsed leukemia was admitted for a bone marrow transplant. The patient stopped interacting with caregivers and staff and was refusing to get out of bed.

MUSIC INTERVENTION

After music listening, the music therapist engaged the patient in an analysis of song lyrics from a favorite Macklemore song. The patient pointed to lyrics in the song and shared a personal history of medical trauma, and a fear of being alone, multiple painful procedures, and death.

MUSIC THERAPY CASE EXAMPLE: OUT-PATIENT

BACKGROUND

A 5-year-old with autism presented for an annual well-child visit. The child was already receiving OT, ABA, and SLP, but the parent still had concerns about kindergarten readiness.

MUSIC INTERVENTION

The music therapist used a keyboard with multicolored stickers to practice the alphabet. They also made up a song to the tune of "B.I.N.G.O" to practice spelling the child's first name.

RESULTS

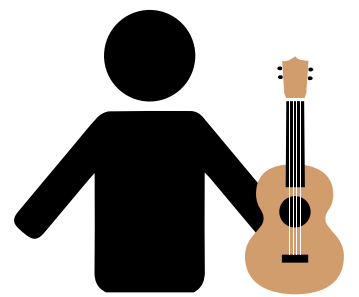
The patient first engaged in preferred music listening as a positive way to cope with their hospitalization. They then integrated music as support during painful procedures, and later added multiple music interventions to build resilience, including song writing and instrument learning.

The child met their goals within 6 months and was integrated into a typical public kindergarten classroom. They continued working with music therapy to build social skills, communication skills, and reinforce academic skills.

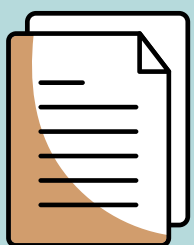
WHEN TO REFER: THE 4 L'S

When deciding if a music therapy referral is necessary, be on the look out for one or more of these criteria:

- Lack of progress: Is my patient meeting their medical and therapy goals on time?
- Long term diagnosis: Does their diagnosis mean frequent hospitalizations or medical procedures for 6+ months?
- Lack of support: Do they consistently have friends or family able to attend appointments with them?
- Love of music: Does my patient play an instrument or listen to music regularly?



GETTING STARTED



After a referral from a caregiver or member of a patient's medical team, the music therapist uses a comprehensive assessment that includes interviews with medical team members and caregivers and observation of the patient during a music therapy session.

The subsequent data determine whether music therapy is necessary for the patient to make progress toward identified goal areas.

FIND A MUSIC THERAPIST

Email: LifeOnMusicTherapy@gmail.com
Call/Text: 206-880-0593

