

## Music Therapy in the Medical Setting

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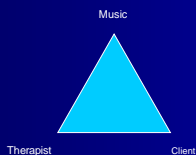
## What is Music Therapy?

The American Music Therapy Association (2005) defines music therapy as the clinical & 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.



## Dynamics of Music Therapy

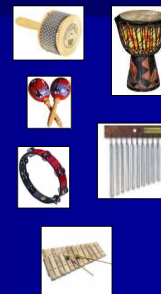
Music Therapy is a systematic process; it is not a series of random events. Music therapy is "purposeful, organized, methodical, knowledge-based, and regulated" (Bruscia, 1998).



Bruscia, Kenneth E. 1998. *Defining Music Therapy*. Gilsum, NH: Barcelona Publishers.

## Music Therapy Techniques

- ♫ Vocal and instrumental improvisation
- ♫ Songwriting
- ♫ Lyric analysis
- ♫ Music and imagery
- ♫ Singing
- ♫ Receptive music listening
- ♫ Music and movement



## Medical Music Therapy Research Outcomes

- ♫ Decreased anxiety
- ♫ Reduced pain perception and discomfort
- ♫ Positive changes in mood
- ♫ Less muscle tension
- ♫ Lower blood pressure and reduced heart rate
- ♫ Reduced nausea and emesis
- ♫ Improved respiration
- ♫ Decreased use of analgesic medication
- ♫ Increased immune system response (salivary immunoglobulin A)
- ♫ Reduced stress (cortisol)
- ♫ Enhanced energy levels
- ♫ Higher Quality of Life scores

## Human Response to Music

- ♫ Increased dopamine, prolactin & oxytocin
- ♫ Increased salivary immunoglobulin A (SIgA) & Natural Killer (NK) Cells
- ♫ Counteracts biological stress response
- ♫ Organizes physical movement
- ♫ Positive changes in heart rate, blood pressure & respiration rate
- ♫ Triggers musical chills - "Frisson Experience"



## JCFL: Music Therapy

- Drumming for Life
- Victory Choir
- Relaxation through Music
- Enhance Your Breathing through the Harmonica
- Finding Meaning through Songwriting and Song Discussion
- Making Meaningful Music through Guitar
- African Rhythms Ensemble
- Enhance Your Breathing through the Recorder
- Self-Care through Music
- Individual Sessions by Referral (Inpatient & Outpatient)



## Any Questions?

