## *Be Inspired, Insightful, Creative and Interactive: Music Transforms Lives!* Continuing education handout to be used in congruence with the intensive.

Presenters for the Music Therapy Portion: Molly Pow, MS, MT-BC Kim Vonasek, COTA, Activities Specialist

#### Today's Plan:

- 1. Learn about what music therapy is and is not.
- 2. Explore how music therapy directly addresses Eden philosophy and standards.
- 3. Interactively engage in research-based music therapy interventions, processing afterward.
- 4. Discuss field experience, research, and case studies regarding individual, group, and family incorporated music therapy.
- 5. Discuss the 2014-2015 grant funded music therapy program at the Rochester Presbyterian Home and the 2015 "Connecting, Understanding, and Uniting" adapted communication course.
- 6. Engage in open conversation regarding session content and how to find a board certified music therapist in your area.

#### What Is Music Therapy?

Music therapy is defined as the clinical and evidence-based use of music interventions to accomplish individualized goals for people of all ages and ability levels within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. A music therapist is an individual who has completed the education and clinical training requirements established by the American Music Therapy Association (AMTA) and who holds current board certification from The Certification Board for Music Therapists (CBMT).

(American Music Therapy Association, Scope of Music Therapy Practice, 2015)

Persons who complete a bachelor's degree or higher in music therapy, or its equivalent, from a program approved by the American Music Therapy Association within an accredited college or university including a minimum of 1,200 hours of clinical training, are eligible to sit for the national board certification examination offered by the Certification Board for Music Therapists.

(American Music Therapy Association, 2015)

#### Did You Know?

- 1. The first music therapy degree program was founded at Michigan State University in 1944.
- 2. Music interventions are never used only for the sake of art or enjoyment, but always with therapeutic intent.
- 3. Music Therapy is a goal directed therapy. It includes assessments, goal and objective writing, continuing evaluations, and documentation of sessions and progress.
- 4. At minimum, music therapy students must complete a Bachelor's level degree program, approved by the AMTA. Degree requirements include extensive classroom training and 1200 hours of clinical experiences. From there, Master's or Doctoral degrees are available.
- 5. To maintain certification, every five years, therapists must submit 100 hours of continuing education credits, including a minimum of 3 hours of ethics training.
- 6. Most music therapists begin training for their degree in junior high school, or earlier, when they first take music lessons. Students must demonstrate significant musical skills before they are admitted to a music therapy degree program.

## Common Music Therapy Goal Areas for Older Adults with Neurodegenerative and Psychological Illnesses:

*Psychological and Emotional:* Anxiety, depression, coping skills, self-esteem/self worth, and enhanced independence. Reality orientation, behavioral challenges, self awareness, environmental awareness, and acceptance.

*Cognitive:* Memory recall, executive functioning, expressive and receptive communication, adapted communication.

*Fine and Gross Motor:* Strength building, dexterity, flexibility and range of motion, crossing midline, gait training, and balance.

*Spirituality and Quality of Life:* Finding validation, comfort, enjoyment, and peace while participating in music therapist directed, individual based interventions.

Board Certified Music Therapists use live music, adjusting the rhythm, melody, harmony, and other musical elements moment-by-moment to reflect, reinforce, and cue their clients.

## Music Therapy naturally addresses the 10 values and 10 principles of The Eden Alternative Model.

Music Therapists create sessions which...

- Provide opportunities to address Eden Values: Innovation, Integrity, Community, Empowerment, and Passion.
- Encourage communication and relationship building between elders and their families
- Address loneliness, helplessness, and boredom.
- Build upon enhanced socialization, companionship, and opportunities to *give* care as well as receive.
- Focus on continuous growth (cognitive, psychological, emotional, spiritual, social, and physical.)
- Foster relationship building between elders and with staff.
- Foster relationship building between elders and family.
- Improve chances for decreased medication.

To learn more, please visit

Journal of Music Therapy Music Therapy Perspectives www.musictherapy.org www.cbmt.org

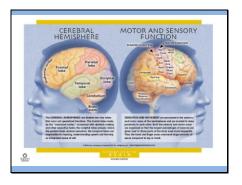
# Music is the Medicine of the Mind

ALZHEIMER'S ARKANSAS PROGRAMS AND SERVICES Priscilla Pittman, MSW, MA

Slide 2



Slide 3



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#### MUSIC AS MEDICINE

- Physical
- Encourages movement
- Emotional
- neurochemicals
- Engaging - Motivates participation
- <u>Permits</u>
- synchronization

   Timing, initiation, coordination
- Social
  - Encourages less isolation
- <u>Persuasive</u>
- Evokes + or attitude
- <u>Personal</u>
- Sense of identification

#### Slide 5

#### MUSIC & EMOTION

- The "chill"
- ..."why a mass of vibrating air hurtling through space triggers...excitement."
- · Anticipation!
- Som Sabadell flash mob
- http://www.youtube.com/watch?v=GBaHPND 2QJg&feature=player\_detailpage#t=4s

#### Slide 6

#### ALZHEIMER'S DISEASE

- Early stage-may not understand every 4<sup>th</sup> word we say
- Mid-stage-may not understand every other word
- Late stage-assume they hear

We can build a bridge to the person living with Alzheimer's with caring acts of kindness


#### MUSIC PRESCRIPTION

- Loss of memories, words, their history
- Stress-can magnify problems for person and caregivers
- Isolation, depression, irritation
- Communication more difficult



#### Slide 8

#### INDIVIDUALIZED MUSIC

- An intervention used to calm agitated persons with dementia
- Determining triggers for behavior change
  Assessing music listened to when in their 30's or 40's
- Playing the music prior to trigger (bathing, transfer, bedtime)
- Evaluating the person's response to the intervention

Gerdner, Linda A, (2000)

#### Slide 9

#### Dr. Gerdner

"Music changes the focus of attention and provides an interpretable stimulus, overriding meaningless or confusing stimuli in the environment. In addition, the elicitation of memories associated with positive feelings has a soothing effect, preventing or alleviating

Gerdner, Linda.A. (2000, June) Effects of Individualized Music on Agitation in Alzheimer's Disease or Related Disorders, *Mature Medicine*, p 4.


#### Dr Gerdner's Hypotheses

- "...individualized music...will be a cost effective intervention that will result in a significant reduction in the:
- Frequency of agitation
- Use of psychotropic medications/restraints
- Incidence of falls"

Gerdner, Linda A, (Written 1996, Revised 2013 ) http://sgec.stanford.edu/content/dam/sm/sgec/documents/education /Evidence-Based%20Guidelines\_Linda%20Gerdner.pdf

#### Slide 11

#### INTERVENTION

- Peak agitation time
- Family participation
   Understand diagnosis
  - Music questionnaire
  - Checklists completed

  - In-service
  - Participates in music use
  - Completion interviews
- Assessment





#### Slide 12

#### **STORIES**

- · Sundowning and the fox trot
- · Breast cancer and her music
- · CNA's use of music




#### HENRY'S STORY

- Alive Inside: How the Magic of Music Provides Joy for Patients With Alzheimer's and Dementia
- https://www.youtube.com/watch?v=5F Wn4JB2YLU

#### Slide 14

#### PARKINSON'S DISEASE

- Difficulty initiating movement, unlocked by music
- · Auditory dopamine
- ...a prosthesis for the damaged basal
- ganglia
   "...its power of arousing the nervous system."
- Music of the "right" kind
- Not too loud
- Well defined rhythm



#### Slide 15

#### PD and Dancing!

- http://www.youtube.com/watch?v=koaA1T0 MynM&feature=email
- Pros & cons! Uncontrollable movement!!




### HEALING/HARMING

- Karen Stollznow-"one Music to control crowds and deter another person's Metallica"
- Gregorian chants
- Ojibwe singers
- Concentration camps
- Truly individualized
- Can increase agitation
- Bagpipe music
- Experimental
- "sound bullets"
- High Intensity Focused Ultrasound

#### Slide 17

#### Music-is often overlooked

- The tool that is usually underutilized or forgotten is the easiest to provide
- Music calms us, and relieves stress and tension
- Music has a soothing effect on many with physical or emotional



#### Slide 18

"First thing in the morning, before I have coffee, I read the obits. If I'm not in it, I'll have breakfast."



- Carl Reiner, 93
- She loved singing-they played the first song on her last album, 'A, You're Adorable' when his wife Estelle was dying at 94
- She mouthed, thank you
- https://www.youtube.com/ watch?v=STNZa-6cyUQ


Music is not the cure-all; it is simply another tool for you, the caregiver to add to your repertoire.

Overlooked and underused because it is so simple!

Side-effect-it helps you also

#### Slide 20

"Half an hour of (classical)
music produces the same
effect as 10 milligrams of
Valium."

Raymond Bahr, M.D.

#### Slide 21

Great music is that which penetrates the ear with facility and leaves the memory with difficulty.

Magical music never leaves the memory. ~

Sir Thomas Beecham

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#### Alzheimer's Arkansas **Programs and Services**

- 24-hour telephone support for caregivers 501-913-1878
   Family support groups
   Early-stage patient/caregiver support groups
   Financial Assistance for Caregivers (grants)
   Family education sessions ("Hope," retreats, workshops, individual sessions)
   Community awareness presentations
   Training for professional caregivers
   Lending library
   Monthly newsletter
   All family services are free



#### Slide 23

- Ph: 501-224-0021
- 800-689-6090
- 501-913-1878 after hours cell
- Fax: 501-227-6303
- 201 Markham Center Drive
- Little Rock AR 72205-1409
- priscilla.pittman@alzark.org
- www.alzark.org



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