

***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:  
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***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](http://www.musictherapy.org)  
[www.cbmt.org](http://www.cbmt.org)

*Feel free to contact me!*  
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Slide 13

**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=5FWn4JB2YLU>

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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



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Slide 15

**PD and Dancing!**

- <http://www.youtube.com/watch?v=koaA1T0MynM&feature=email>
- Pros & cons! Uncontrollable movement!!



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