Consulting Service: Webinar Series

Music in Medicine:
Enhancing the Healing Environment

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6.23.2010

The Society is grateful to the National Endowment of the Arts for its support of the Consulting Service, which strives to provide affordable assistance to organizations wishing to establish or advance the arts in healthcare.
Participants will …

1. become familiar with model programs in music and healthcare;
2. learn ways to develop music in healthcare programs in their own settings;
3. gain an understanding of how the field has grown to include collaborative work among therapists, performing artists, and musicians.
Music Therapy

“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”

—American Music Therapy Association, 2004
Music Therapy (cont’d.)

- Specialized use of music in service of individuals with needs in mental health, physical health, habilitation, rehabilitation, or special education

- Purpose: to help individuals attain & maintain maximum levels of functioning
• Treatment is prescriptive & implemented individually or in group settings.
• Assessment, treatment planning & documentation required.
Why Music Therapy?

“Music, and the other arts, are unifying forces among men. They help to give a sense of identification with the rest of the community across national, cultural, ethnic, and other dividing lines.”—L. Glick, 1966
Why Music Therapy?

Music …

• is a “universal language”;
• occurs naturally in our environment in many settings;
• is a socially appropriate activity & leisure skill;
• may provide a predictable time-ordered & reality-ordered structure;
• is enjoyed by most people.
Music Therapy ...

- provides opportunities for experiences in “self-organization” & self-expression;
- provides opportunities for experiences in relating to others;
- offers opportunities for participation at one’s own level;
- may be adapted for a group or individual experience;
- may reinforce non-music skills, such as speech, language & math;
- may give people with disabilities who are not necessarily disabled in their musical skills a chance to excel.
Benefits of Music Therapy

• Making connections & establishing collaborations
• Creating transformations
• Building on foundations
• Reaching aspirations
Music Therapy Goal Areas

- Behavioral/psychosocial skills
- Communication/language skills
- Perceptual/motor skills
- Cognitive/academic skills
- Physiological responses
- Musical skills
Studies on Creative Arts in Healthcare have shown links to the following trends:

• Reduced wandering &/or agitated states
• Reduced incidence of depression
• Increased staff retention
• Increased caregiver satisfaction
• Increased quality of life, e.g., for those diagnosed with terminal cancer or older adults
• Music therapy as complementary therapy for social functioning & participation in rehabilitation with trend toward improvement in mood during acute rehabilitation
• Beneficial effect of music therapy on mood in patients with Parkinson’s, with TBI’s & in Palliative Medicine unit
Studies on Creative Arts in Healthcare have shown links to the following trends:

- Speech rehabilitation for patients recovering from strokes
- Gait training
- Reduced length of hospital stay
- Fewer medical visits
- Improved patient compliance during medical procedures
- Reduced use of pain, anti-anxiety medications & sedatives
- Improved recovery time & reduced need for higher levels of acute care
- Low cost, few side effects!
Personal Involvement in Music Therapy in Healthcare Settings

- Performer
- Clinical music therapist
- Researcher
- Supervisor of other medical music therapists
- Program manager
  - Negotiates contracts with outreach agencies
  - Writes proposals and plans for new programs or for expansion
  - Places music therapists in agencies
  - Provides information for grant applications
- Workshop presenter
- Publications
Music Therapy Contracting through the Community Music School

- Interviewing, hiring, staffing
- Supervision
- Continuing education
- Staff evaluation/performance reviews
- Professional support
  - Networking
  - Writing, presenting, researching
  - Leadership roles
- Service management
  - Lines of communication
  - Referral & assessment process
  - Accountability/documentation

- Program implementation
  - Integrated with agency’s total milieu
- Equipment & materials
- Supportive role in funding applications
- Program evaluation & expansion
- Partner agency responsibilities
  - Liaison
  - Space
  - Coordination & communication
Musicians Working in Healthcare

- Arts at the bedside
- Performances
- Musicians choosing music appropriate to general spaces
- Working with patients 1:1 or in groups
- Caring for caregiver activities
Other Artists in HealthCare

- Clinical musicians
- Music practitioners
- Music thanatologists
- Music healers/sound healers
- Harp therapists
Similarities: therapeutic aspects to all arts activities
Both believe in power of music to heal, relieve suffering, elevate presence & awareness & improve quality of patients’ lives.

Differences:
• **Performing Artists/Musicians**—foster participation in & appreciation of music by
  • facilitating patients creating music;
  • facilitating performances;
  • selecting & playing music.

• **Music Therapists**—the above, plus
  • working with patients regarding personal meaning in musical expression & helping facilitate awareness of meaning & what it has to teach them about themselves & achieving optimal health;
  • consulting with treatment teams;
  • conducting individual & family evaluations/assessments;
  • providing individual & group therapy sessions
Resources

- [www.cbmt.org](http://www.cbmt.org) (Certification Board for Music Therapists)
- [www.musictherapy.org](http://www.musictherapy.org) (American Music Therapy Association)
- [www.thesah.org](http://www.thesah.org) (Society for the Arts in Healthcare)
Aural Environmental Enhancement

CATHY DeWITT
MUSIC IN MEDICINE CONSULTANT

www.CathyDeWitt.com
Therapeutic Benefits of Music

- Distraction (from pain, depression, loneliness)
- Relaxation
- Community
- Memory trigger
- Emotional release
Medical Benefits of Music

• Lower blood pressure
• Relaxation of muscles
• Relief from stress
• Improved respiration
• Reduced heart rate
Distraction
Distraction
Relaxation
Relaxation
Emotional Release
MUSIC AND THE MIND

“Music is especially useful in situations where verbal communication is limited, for example a patient population with Autism, Primary Progressive Aphasia, or Alzheimer’s.”

—Oliver Sacks
Memory Trigger
Distraction
“Music has charms to soothe a savage disease ...”

—Susanne, a BMTU patient
“Music is a universal language, but it’s also a personal one.”

—Connie Tomaino, Director, Institute for Music and Neurological Function (www.musichaspower.org)
University of Michigan Medical Center
A 60-member orchestra of caregivers: physicians, nurses, and medical students
Singing Enhances Well-being, Health & Happiness

- Enhanced immunity
- Improved lung capacity
- Higher energy
- Lower stress (79%)
- Intense happiness (89%)
Are they doing research or evaluation?
PARTNERSHIPS CAN

• increase your program’s visibility;
• broaden the audience for the arts;
• open the door for intergenerational & multicultural communication;
• bring in much-needed resources;
• help create and enlarge community.
RESEARCH AND RESOURCES

The American Music Therapy Association was formed in 1998, combining the National Association for Music Therapy (formed in 1950) and the American Association for Music Therapy. www.musictherapy.org

The Mozart Effect Resource Center, a listing of current best practices and research efforts compiled by author and music guru Don Campbell. www.mozarteffect.com

The Society for the Arts in Healthcare oversees many research projects and healthcare programs that use art and music throughout the world. www.theSAH.org

Pat Moffitt Cook’s Open Ear Center offers trainings and workshops in the Tomatis Method, and other sound and healing practices. www.openearcenter.com

The Association for Music and Imagery was started by Helen Bonny, who created the Bonny Method of guided imagery with music in the 70s. www.bonnymethod.com

Jonathon Goldman has been hosting a week-long intensive on sound and healing for over fifteen years, and is a renowned speaker and author. www.healingsounds.com

The International Harp Therapy Program aspires to the lofty goal of placing “a harpist in every hospice by the year 2020.” www.harprealm.com