

Renew, Revive, Release: Music Therapy and Cancer Care

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About Music Therapy

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What is Music Therapy?

- ♦ A professional healthcare discipline
- ♦ Applies music techniques and interventions to *non-musical* clinical treatment goals
- ♦ Can facilitate cognitive, sensorimotor, emotional, communicative, and psychosocial therapeutic changes
- ♦ Supported by research

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What is Music Therapy?

- ♦ *Wide* variety of clinical populations:
 - ♦ Medical conditions
 - ♦ Neurorehabilitation (Stroke, Parkinson's, TBI)
 - ♦ Special Needs (Autism, DD, ADHD)
 - ♦ Emotional/Behavioral Issues (Trauma, At-risk)
 - ♦ Alzheimer's and other dementias
 - ♦ Mental Health Issues (substance abuse)
 - ♦ Hospice

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Music Therapy Is "Musician-Proof"

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Who Can Do Music Therapy?

- ♦ Trained as musicians, therapists, and scientists
- ♦ Practitioners are nationally board-certified (MT-BC)
- ♦ National standards established by the American Music Therapy Association
- ♦ Competencies established by the Certification Board for Music Therapists.

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Benefits of Music

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Why Music? - Benefits

- ♦ Music stimulates the brain
 - ♦ Physiological response (heart rate, breathing)
 - ♦ Emotional response (laugh, cry, happy, sad)
 - ♦ Cognitive systems (learning/memory, attention, arousal)
 - ♦ Motor outputs (walking)
 - ♦ Sensory inputs (auditory)

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Why Music? - Benefits

- ♦ Inherently Predictable, Structured, and Organized
 - ♦ Timing (priming mechanism)
 - ♦ Phrasing
 - ♦ Repetition and Patterns
- ♦ Typical developmental tool
 - ♦ Fine/gross motor development
 - ♦ Speech/Language development
 - ♦ Social development
- ♦ Noninvasive, Safe, Motivating

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How? - MT and Cancer

- ♦ Assessment - What are the strengths and needs?
 - ♦ Long-Term: Music therapy session, Interviews, Consultations with other professionals
 - ♦ Short-Term: Observations, Nurse or SW Consults, Asking
- ♦ Goal-Setting (Functional, Non-Musical)
- ♦ Treatment (Repetition)
 - ♦ Various Music-Based Interventions
- ♦ Evaluation - Did it work? Were the goals reached?

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How? - MT and Cancer

- ♦ Functional (Non-Musical) Goals
 - ♦ Manage Pain and Discomfort
 - ♦ Reduce Anxiety and Stress
 - ♦ Provide Emotional (Spiritual) Support
 - ♦ Facilitate Motor Rehabilitation
 - ♦ Increase Sense of Control
 - ♦ Improve Quality of Life
 - ♦ Enhance Neuroimmune Function

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How? - MT and Cancer

- ♦ Treatment
 - ♦ Group or Individual
 - ♦ Tailored to Meet Needs
- ♦ Sample Interventions:
 - ♦ Singing (or Listening)
 - ♦ Music Making (Drumming)
 - ♦ Music and Guided Relaxation
 - ♦ Song Writing or Lyric Analysis

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QUESTIONS???

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Contact Information



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