Music Therapy and Supportive Music: A Continuum of Care

2015 California Hospital Volunteer Leadership Conference
Overview

♦ What is Music Therapy
♦ State of the Art – Medical Music Therapy Practice
♦ Music Therapy Strategies
♦ Music Therapy Outcomes
♦ Music-Centered Wellness
♦ Volunteer Model
What is Music Therapy?
Did a Little Research...
History of Music Therapy

- Music was used in hospitals to help thousands of veterans suffering from trauma after World War II

-Declared a profession in 1950

- American Music Therapy Association (AMTA) is the current national organization for music therapists in the United States
Definition of Music Therapy

Music Therapy is the clinical and 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.

Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs of individuals.

- American Music Therapy Association (AMTA), 2015
Music Therapists

✓ Have earned an undergraduate or graduate degree from an American Music Therapy Association-approved university (~75)

✓ Must be proficient in guitar, piano, and voice.

✓ Have completed a six-month internship in order to be eligible to sit for a national Board Certification Exam
MusicWorx Internship Summary

- MusicWorx is an American Music Therapy Association (AMTA) approved internship site. As such, it has met criteria for approval under the National Roster Guidelines per the new Standards for Education and Clinical Training.

There are four interns at MusicWorx at any given time.

Music Therapy degree:

- 60% musical skill and clinical practica
- 40% behavioral sciences
State of the Art
Medical Music Therapy Practice
The mental, emotional and spiritual aspects of healing cannot be separated from the physical.

Holistic Model

Mind

Body

Emotion

Spirit
Holistic Approaches to Healing

- Acupuncture
- Behavioral Therapy
- Biofeedback
- Group support
- Guided Imagery
- Hypnnosis
- Healing Touch
- Massage
- Meditation
- Music Therapy
- Prayer
- Progressive Relaxation
- Yoga
- Etc.
Medical Settings & Populations

- **Bedside**
  - Behavioral Health
  - Cardiac Care
  - Hospice/Palliative Care
  - ICU Care
  - NICU & PICU
  - Physical Rehabilitation
  - Pre/Post Op
  - Co-treatments:
    - PT, OT, Speech, Respiratory Treatment

- **Outpatient Programs**
  - Bereavement Groups
  - Cancer Support Groups
  - Homecare
  - Integrative Center
  - Parkinson’s/Stroke/Cardiac
  - Substance Abuse
Outreach

- Staff Training
- Staff Stress Busters
- Staff Team Building
- Special Hospital Events
- Volunteer Supportive Music Training
Music Therapy Process

Music

Patient

Music Therapist
Music Therapy as **Process**: The Five Step Protocol

I. **Assessment**
   a) Check referral reason, diagnosis, and consult treatment team
   b) Individual assessment determines goals to be addressed in session

II. **Treatment Plan**
   a) Music therapy implemented within interdisciplinary team
   b) Objectives formulated based on individual’s needs
   c) Goal areas may include, *but are not limited to:*
      - physical, psychological, cognitive, emotional, and social functioning

III. **Musical Interventions**
   a) Live or recorded music with correlating creative mediums may be used
   b) Interactive – *MT isn’t “done to” patients; it is “done with” patients*

IV. **Documentation & On-Going Evaluation**

V. **Follow-up with Interdisciplinary Treatment Team**
Intervention Strategies

♦ Interactive Music-Making

♦ Vocal/Instrument Improvisation

♦ Creative Arts with Music

♦ Intentional Listening

♦ Singing

♦ Guided Musical Relaxation

♦ Humming & Toning

♦ Songwriting
Music Therapy Patient Outcomes

- Reduce anxiety
- Promote relaxation
- Reduce the perception of pain and need for medication
- Enhance immune system activity
- Increase mood state and decrease depression
- Provides a means of self-expression and communication
- Act as a distraction from the medical environment
- Promote spirituality, soothe and comfort
- Increase socialization and decrease isolation
- Enhance the quality of time spent in treatment - patient satisfaction
- Family and caregiver support
The graph above (n=343) illustrates the levels of improvement in pain after receiving music therapy for the period of January 2003 through June 2004. The 95% confidence interval of the percent of improvement is between 22.3% and 43.1%.

Patients who reported a pre-therapy pain score of 5.0 or greater averaged a 33% improvement in pain after participating in music therapy. With 95% confidence, the predicted range of improvement for these patients is between 22.3% and 43.1%.

Data Source: Clinical Data System, Musicworx of California
Statistical analyses performed using the SPSS 11.5 software for Windows
See Appendix A for further details of analyses
The graph above (n=320) illustrates the levels of improvement in anxiety after receiving music therapy for the period of January 2003 through June 2004. The 95% confidence interval of the percent of improvement is between 41.7% and 61.7%.

Patients who reported a pre-therapy anxiety score of 5.0 or greater averaged a 52% improvement in anxiety after participating in music therapy. With 95% confidence, the predicted range of improvement for these patients is between 41.7% and 61.7%.

Data Source: Clinical Data System, Musicworx of California
Statistical analyses performed using the SPSS 11.5 software for Windows
See Appendix A for further details of analyses
# Patient Comments

<table>
<thead>
<tr>
<th>Comment</th>
<th>Age</th>
<th>Condition</th>
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<tbody>
<tr>
<td>“My pain has never been below a 9 [out of 10], until now.”</td>
<td>37/F</td>
<td>Bowel Obstruction</td>
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<tr>
<td>(Nurse to Patient) “Your blood pressure is down. The music relaxed you.”</td>
<td>72/F</td>
<td>Breast Cancer</td>
</tr>
<tr>
<td>Patient’s son (a physician): “Thanks for being there; he was much less agitated during PT this time with you co–treating.”</td>
<td>72/M</td>
<td>Renal Failure</td>
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<td>“I was in a lot of pain before you came in, but I feel a whole lot better now. I’ve been in here for a month with a lot of pain. It makes it hard to focus, to concentrate. I feel more in control and focused.”</td>
<td>27/F</td>
<td>Spina Bifida</td>
</tr>
<tr>
<td>“Music takes me to a moment, and I can even smell the air in [that] moment with music.”</td>
<td>n/a</td>
<td>Patient info n/a</td>
</tr>
<tr>
<td>“That brought tears to my eyes, tears of peace. It was beautiful and took me away from my turmoil for a moment.”</td>
<td>51/F</td>
<td>Liver Cancer</td>
</tr>
<tr>
<td>I had no idea how truly effective this was. I’ll be making referrals for my patients with anxiety and pain all the time. This was so great.</td>
<td>41/F</td>
<td>RN from Scripps was the patient; referral = pain</td>
</tr>
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Music-Centered Wellness

Don’t think about what music does for people ---

THINK about what music undoes for people.

That undoing or deactivation creates activation

for greater health and well being.
THE BIG DUHHHHHH!

We either USE MUSIC or MUSIC USES US!

Music is used to influence our decisions in everyday life…

can you think of some instances?
Have You Ever Put On Music To ...

✓ Get psyched up for an important presentation?
✓ Relax after a hectic day?
✓ Exercise?
✓ Set a romantic mood?
✓ Cope with traffic?
✓ Celebrate a personal victory?
Preferred Music

Young adult years (18-26)

- Music learned in elementary school (campfire songs, folk songs)
  - E.g., “Let Me Call You Sweetheart,” “Home on the Range”

- Find music making preference (whistling, singing, humming, tapping toes)
Que Sera Sera

When I was just a little girl,
I asked my mother,
What will I be?

Will I be pretty? Will I be rich?

Here is what she said to me.

Chorus:

Que sera, sera,
Whatever will be, will be.

The future’s not ours to see.
Que sera, sera,
What will be, will be.
Group Singing

Produces endorphins thought to be important to social bonding
A Volunteer Model
Resounding Joy (RJoy)

- **Mission:** RJoy uses therapeutic and recreational music programs to improve the social, emotional, physical, and spiritual well-being of individuals and communities.

- **Founded:** 2005 by Barbara Reuer PhD, Executive Director

- **Rationale:** To develop models for supportive and recreational music making
Resounding Joy Programs

◊ Healing Notes
◊ Mindful Music
◊ Semper Sound
◊ Sound Minds
◊ Joy Giver (Volunteer) Program
“Joy Givers are adult volunteers (18+) who use recreational and supportive music to work with “Joy Receivers” – individuals, small groups, or by assisting a music therapist.”
The Junior Joy Giver Story:
Meet Stella (8 years old)
Junior Joy Givers

✧ Youth 8-18 years
✧ Volunteer Community Outreach
✧ Musicality, Leadership, & Education
✧ Intergenerational Component
✧ Adult Joy Giver Assistance
✧ Teen Junior Joy Giver Mentorship
Discussions & Questions
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