

Music Therapy: More Than A Sing-A-Long



Alzheimer's Association Presentation
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What is Music Therapy ?

Music therapy is the scientific and systematic application of music to aid in the achievement of specific therapeutic goals. Music therapy can also be defined as the planned and creative use of music to attain and maintain health and well being. Music therapy is an established health service similar to occupational therapy and physical therapy. As a holistic treatment approach, music therapy focuses on the well being of the entire person, not just the part which is diseased or in distress.

Music Therapists work in:

Hospitals
Long Term Care Facilities
Assisted Living Facilities
Hospice
Rehabilitation Centers
Clinics
Psychiatric Care Facilities
Schools
Child Daycare settings
Adult Daycare settings

Music Therapy helps people with:

Chronic Illness/Disease
Terminal Disease
Developmental Disorders
Psychiatric Disorders
Psychological Trauma
Grief / Loss Issues
Emotional / Spiritual crisis
Chronic & Acute Pain
Anxiety & Depression
Alzheimer's / Dementia
Neurological Disorders
Everyday Stress
Sensory Impairments
Labor & Delivery

Music Therapy helps with:

Stress Management
Pain Management
Relaxation
Meditation / Imagery
Motor Coordination
Socialization
Reality Orientation
Treatment Tolerance
Expression of Emotion
Communication
Achievement of
 OT & PT goals
Anxiety Reduction
Sensory Stimulation
Cognitive Stimulation
Recreational Enjoyment
Reminiscence
Improving Quality of Life
Patient/Client Satisfaction

Why Music Therapy ?

Music therapy is a cost-effective therapy that really works! It is effective in meeting the physical, psychological, cognitive, social, and spiritual needs of the people it serves. Music therapy has been proven effective by hundreds of scientific research studies and articles, and by centuries of use in cultures throughout the world. Music therapy has also been shown to have physiological effects on heart-rate, blood pressure, immune system responses, and neurological function.

Who Are Music Therapists ?

Music Therapists are individuals who receive five years of extensive training and education in the fields of music, psychology, physiology, education, and courses specific to music therapy. During coursework, a music therapist also receives 40-60 hours of clinical training. Upon completion of coursework, a music therapist must receive 1040 hours of clinical training. Some music therapists go on to take a test for board certification upon completion of the internship, although it is not required to practice music therapy.

Music Therapy and Alzheimer's Disease

Music therapy benefits those with Alzheimer's disease in many areas: socialization, reality orientation, cognitive & memory stimulation, reminiscence, expression of emotions, decreasing anxiety/agitation, maintenance of fine and gross motor skills, maintenance of speech/vocal skills, decreasing "sundowning" behaviors, and providing spiritual support. Music Therapy provides safe, successful quality of life experiences for people with Alzheimer's Disease.

Music Therapy Key Terms

Sedative Music: Music which tends to calm; tempo of less than 60-80 (or less) beats per minute. Music has gentle or little rhythmic structures with long, sustaining phrases.

Stimulative Music: Music which tends to motivate and energize; tempo of 80-120 beats per minute (or greater) Music has strong rhythm, with shorter phrases and more staccato melody lines. This music may cause agitation in people Alzheimer's.

Iso-principle / Entrainment: Terms that describe changing mood or behavior by first matching the present mood of the individual and then gradually changing the music to create the desired response.

Tips for using music in Alzheimer's care

- Encourage discussion & reminiscence
 - discuss lyrics
 - use music to facilitate discussion of certain themes
 - example: use "*In The Good Old Summertime*" to begin a discussion of summer memories.
 - discuss the era of the music
 - what events happened this same year?
 - what world events were taking place
 - what fashion styles were worn
 - any famous sports achievements
 - what were you doing in this time period (college, working, etc.)?
 - who was president?
 - use live music whenever possible
 - encourage and maintain eye contact- be at eye level
- Use music to accompany exercise and movement activities
- demonstrate how each instrument is played, before giving it to client
- be patient
- Ask client, and client's family about preferred styles of music and/or favorite songs
- if assisting a therapist, help gather and keep clients until the music starts
- Use preferred sedative music in the evenings to promote relaxation, sleep, and reduce sundowning behavior.
- When a client is agitated try using live or recorded sedative or iso-based music
- If music is played anywhere in your facility, make sure it is the music your clients prefer- not the music you or other employees prefer. Much of today's music will agitate an older adult with dementia. Also avoid radio stations with excessive commercials as they tend to contribute to confusion.
- Watch for subtle responses to music- clients in every stage usually demonstrate some response.
- A client does not have to be a musician to benefit from, or participate in music therapy.
- Encourage participation from visiting family and friends when appropriate. Music therapy allows them to share a positive experience with their loved one.

Music Therapy Resources

For More information or resources on music therapy in Alzheimer's care, see these websites or call:

American Association for Music Therapy (AMTA)

www.musictherapy.org
301-589-3300

Alzheimer's Association

www.alz.org

MMB Music Publishing

www.mmbmusic.com
1-800-543-3771

West Music

www.westmusic.com
1-800-397-9378

For more information about music therapy or my services, please contact me via mail, phone, pager, or, e-mail.

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