

# Sounds of Healing- *an introduction to music therapy*



## Musical Meditation

## Music & Story: Matthew's Story

Gaston (1951): "Rhythm is the organizer and the energizer."

## Brief History

### What is Music Therapy?

Music therapy is the systematic, scientific, and creative application of music to aid in the achievement of specific therapeutic goals and to attain and maintain health and well being. Music therapy is an established allied 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.

### Who are music therapists?

- Bachelor of Science Degree, or advanced degree in music therapy
- 60 hours practicum training
- 1040 hour supervised internship
- Board Certification Examination
- MT-BC Music Therapist Board Certified.
- 100 hours of continuing education per 5 year certification period
- Theory, composition, history, literature
- Musicianship: guitar, piano, major instrument, strings, brass, woodwinds, percussion, large and small ensemble participation
- Psychology, research, special education, anatomy & physiology, therapy technique
- Specific music therapy courses: psychoacoustics, biomedical and psychological foundations, assessment, treatment approaches and methods, assessment, and evaluation of treatment effectiveness

### Music Therapy Impacts

- |                          |                           |
|--------------------------|---------------------------|
| ➤ Heart Rate             | ➤ Transitions             |
| ➤ Blood Pressure         | ➤ Emotional State         |
| ➤ Respiration Rate       | ➤ Coping Skills           |
| ➤ Brain Function         | ➤ Quality of Life         |
| ➤ Neuromuscular Function | ➤ Spiritual Life          |
| ➤ Immune System          | ➤ Social Needs            |
| ➤ Endogenous Opioids     | ➤ Grieving Process        |
| ➤ Perceived Well-Being   | ➤ Reality Orientation     |
| ➤ Pain Perception        | ➤ Family & Caregivers     |
| ➤ Symptom Perception     | ➤ "Customer" Satisfaction |

"If the preacher don't work, Hank Williams just might"- Willie Nelson on MPR 1999

### Sedative Music

- Tempo of 50-80 beats per minute
- Arrhythmic- No specific rhythm
- Smooth melodic structure
- Dynamics stable
- Limited Range
- Decreases heart rate and blood pressure
- Calming effects emotionally
- Decreases feelings of anxiety or agitation

### Stimulative Music

- Tempo > 80 beats per minute (240 bpm max)
- Rhythmic
- Variable melodic structure
  - More melodic jumps
  - May have greater range
- Can increase heart rate and blood pressure
- Can be Motivating
- Stimulates Movement
- Can increase agitation

### Law of Entrainment

Term from physics- if two rhythms are nearly the same and in close proximity, they will always entrain or move together.

### Iso Principle

Matching the mood, rhythm, or physiological state of a person with music and gradually changing that state using music. (Altshuler 1948)

Entrainment is used in two ways:

- Altering mood or emotional state- mood entrainment
- Altering body rhythms- rhythmic entrainment

### Ritual, Ceremony, Sacred Space

Music & Story: Deana's Story

Music & Story: Collin's Story

### Music Therapy Interventions

- Entrainment techniques
- Music choice
- Lyric discussion
- Composition
- Improvisation
- Songwriting
- Reminiscence & life review
- Music as spiritual support
- Music-assisted relaxation & meditation
- Guided imagery with music
- Counseling using music as a tool of therapy
- Group therapy sessions with family & friends
- Co-treatment with other professionals
- Transitional Music

### Common Relaxation Techniques

#### Deep Breathing

- taking slow deep breaths
- Inhaling relaxation, O<sub>2</sub>, “positive feelings.
- Exhaling toxins, stress & tension, discomfort

#### Progressive Muscle Relaxation

- Mentally moving from one muscle or muscle group to another
- Tensing, then releasing muscle tension

#### Autogenic Relaxation

- Imagining Parts of the body becoming “heavy and warm”

#### Guided Relaxation Exercise

### Music Therapy References

*In an effort to use less paper, I have made a PDF copy of my reference list available on my Web Site*

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