

The Therapeutic Power of Music – Practical Guides for Programming

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Why Music as an Effective Therapeutic Medium

- Music is flexible
- Music is structural and occurs through time
- Music is viable in therapeutic interventions
 - Positive effects in communication, cognitive, motor, emotional, social as well as in musical skills
 - Potentially damaging effects if not careful:
 - Difference in Musical Preference b/ caregivers and takers, or among the older adults
 - Effects of stimulative vs. sedative music—not absolute

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—American Music Therapy Association (AMTA, 2005)

- Guiding Principles for Using Music Therapeutically
 - Pervasiveness of Music
 - Musical Preference

Music & Wellness/Preventive Medicine

Rationales of Wellness Programs

- To promote social interactions with others
- To offer opportunities to make decision and manage choices
- To present occasion to learn and relearn information or skills
- To provide opportunities to discover novel ways to use personal resources

Music Interventions for the Preventive Medicine

- Developing Musical Skills: addressing non-music goals
 - Social integration
 - Self-expression
 - Structuring time
 - Cognitive stimulation
 - Psychophysiological well-beings
- Participation in Community Music Activities
- Specifically for the healthy older adults
 - Inter-generational music programs
 - Participation in music to maintain tradition
 - Peer Support “the Buddy System

Music & Long-term Care for the Older Adults

Theories of Aging

- Biophysical Theories
 - Free Radical (Papalia, et. al)
 - Stress Adaptation
 - *Wear & Tear*
 - Genetic Programming (Hayflick)
 - DNA-RNA
 - Immunologic
- Psychological Theories of Aging:
 - Disengagement (Cummings & Henry)
 - Activity Theory (Havighurst)
 - Person-Environment Transactional Perspective
 - Sub-cultural (Butler & Lewis)

Concerns associated with Aging:

- Physical: diagnoses related to the declines in CNS, Sensory, Musculoskeletal, Cardiovascular, Pulmonary & Respiratory, Digestive, Genitourinary, and Endocrine functioning
- Sociological: Retirement, Healthcare, Housing and Institutionalization
- Psychological: Depression, substance abuse, Anxiety, Paranoid/Psychotic States, Dementia

Using Music Therapeutically w/ Older Adults

- Music provides physical and emotional stimulation
- Music facilitates Social Interaction
- Music provides communication
- Music evokes association
- Music provides diversion from inactivity, discomfort, and daily routine

Therapeutic music & Dementia

- 3 stages of Dementia
 - Early-Stage: **Progression** to the increased forgetfulness, disorientation and confusion; depression
 - Music interventions: music in exercise, relaxation, positive imagery, creativity to provide structural time and an opportunity to meaningful participation in activities

Therapeutic music & Dementia

- 3 stages of Dementia
 - Mid-Stage: needing help w/ ADLs; forgetting spouse's name; unaware of recent events; displaying anxious, agitated delusional or obsessive behaviors; having disturbed sleep patterns; experiencing emotional changes, unable to carry on conversation, and unable to follow through with tasks (home management, short attention span, etc.)
 - Music intervention: Quality of Life Program to provide structural reality, order, and predictability
 - Singing
 - Dancing
 - Using Rhythm
 - For caregivers: meaningful communication , stress relief

Therapeutic music & Dementia

- 3 stages of Dementia
 - Late-Stage: loss of verbal articulation and physical ambulation & self-care skills in ADLs, withdrawn & unresponsive to stimuli
 - Music interventions: Sensory stimulation w/ client-preferred music back in childhood/youth (ex. singing or talking to clients combining w/ touches)
 - **Avoiding overstimulation by a prolonged music program!

Managing Depression w/ Music

- Music for Relaxation (Hanser, 1990)
 - Gentle exercise while listening to familiar music
 - Facial muscle self-massage while listening to enjoyable music
 - Progressive muscle relaxation and music
 - Guided Imagery and Music (GIM) or Guided Listening
- Progressive more stimulative music listening applying Iso-Principle + Entrainment, reinforcing w/ physical activities (ex. Toe tapping to moving to music)

Music to Manage Other Behavior Concerns

- Insomnia
- Agitation
- ADLs
 - Eating Problems: Upbeat music w/ moderate, danceable tempo and familiar, singable melodies to mask noises and establish a positive mood, focuses attention, and stimulate responses (providing structures)
 - Bathing, Dressing and Toileting Problems: Music as an information carrier, providing relaxation, etc.
- Catastrophic Behavior: structural alternations of client-preferred music + non-music periods; singing or speaking in a slow, low-pitched, quite voice in view of the person out of striking range

Stress and Pain Management via Music

- Music and Relaxation Techniques:
 - Progressive Muscle Relaxation and Music
 - Meditative Relaxation (using *Mantra*)
 - Jaw Drop Technique
 - Guided listening + imagery
 - Guided Imagery and Music (BMGIM)
- Functions of music in Pain and Anxiety Management
 - Providing structure → triggering the positive emotional registry via limbic system
 - Providing diversion from boredom
 - Providing stimulation of Thoughts, Ideas, and Memories
 - Providing Interaction with other people

Other Areas of Applications

- Music to Facilitate Exercises
- Therapeutic usage of Music in Surgery, Invasive Medical procedures, and Palliative Care
- Music in Physical Rehabilitation
- Music in Spirituality
- Using Music to Help Caregivers

References

- American Music Therapy Association (2005). *What is Music Therapy?* Retrieved on 2/10/2017, from <http://www.musictherapy.org/>
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