

Muſic Therapy

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized therapeutic goals. It is the therapeutic process of using music to accomplish non-musical goals, providing avenues for communication and interaction that do not necessarily involve verbal language.



Things to Consider

- Music Therapy is NOT a stand-alone intervention, rather it is part of a larger treatment plan. Music therapy should be incorporated in conjunction with other forms of therapy that the client may need. It is just a stepping stone to overall wellness.
- Music therapy is considered a *related service* under **The Individuals with Disabilities Education Act (IDEA)**. This law makes free, appropriate, public education available to eligible children with disabilities throughout the nation, and ensures special education and related services to those children.
- The areas of the brain in which we process and hear music are some of the last to deteriorate; therefore explaining why people are able to recall song lyrics but not identify common household objects.

Who Can Benefit from Music Therapy?

- People of all ages
- People with all ranges of musical ability, including no musical ability.
- Specific populations, including Individuals with developmental disabilities, mental health patients, elders with dementia & Alzheimer's, and recovering substance abusers.

Benefits of Music Therapy

- Meditating with music can help calm the mind.
- When listening to pleasurable music, the brain releases dopamine, the "feel-good" hormone.
- Music therapy can be an effective way to keep a child or an individual with dementia calm in situations when their behavior seems out of control.

🎵 Clients with developmental disabilities: it helps with interaction, emotion recognition, relationship formation, and more. For those who are non-verbal, music is its own language and can become a form of communication.

🎵 Those in Rehabilitation from Substance Abuse: Music therapy has been proven to reduce stress levels and lower blood pressure. It is a healthy outlet in which individuals can recognize and accept their emotions, while calming their nerves and embracing a healthy hobby.

🎵 Those who are being treated for mental health issues can utilize music therapy to process their emotions, trauma, and grief. Activities such as lyric analysis are a less threatening approach to processing one's emotions, thoughts, and experiences. This gives the client the chance to relieve some of their emotional stress through the words of another individual.

🎵 People who are affected by Alzheimer's and other forms of dementia have exhibited tremendous results from music therapy. Studies show music therapy improves an Alzheimer's patient's focus, improves their ability to communicate with those close to them and may lower dependence on psychiatric drugs. There is also evidence that listening to music can improve memory recall. Most people with dementia become afraid and confused as day turns to night due to perception of time being lost. By playing soothing music at dusk, less behavioral issues tend to occur.

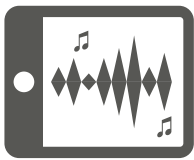


How it Works

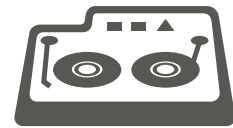
- Music therapy works to improve and maintain a wide array of cognitive, physical, and emotional functions. It can provide an avenue of communication that does not involve the use of verbal language.
- Emotion recognition can be a difficult concept; music therapy can help individuals associate different kinds of music with how they feel, as well as how to process their emotions. Writing a song can be a healthy outlet for emotion recognition; it helps individuals express their emotions instead of trying to escape or suppress them.
- Helps promote motor skills by encouraging an individual to reach for an instrument, body awareness ("If You're Happy and You Know It Clap Your Hands"), and coordination.
- Can facilitate and support the desire to communicate and break patterns of isolation.
- Provides a pleasurable, non-threatening environment where individuals can safely risk trying new experiences.
- Reduces echolalia responses impeding functional language use, decrease stereotyped motility patterns, and facilitate increased language comprehension.

MUSIC THERAPY AND TECHNOLOGY

Technology that can be used in Music Therapy



IPAD

ELECTRONIC
INSTRUMENTSRECORDING
SOFTWAREMULTIMEDIA
INTERFACES

Benefits of Musical Technology

- For some, using actual musical instruments is a trying task. By incorporating music technology, clients have the opportunity to play instruments through a screen rather than hold the actual instrument.
- New sound quality of a musical note, sound, or tone can also be introduced to clients (i.e. electric instruments) that are not available through acoustic instruments.
- Electronic instruments can enable clients to play music and also provide music therapists with useful ways of recording and reading musical empirical data.
- Music technology documents the therapy process and, if available, the client can take this documentation with them. Computer screens can work as the facilitator of the therapeutic conversation, especially for those who are non-verbal. It also opens the therapist to a wider repertoire of tools.



Contact the ISA Risk Management Division today for more information on these and other risk management services and resources.

irwin siegel agency
INSURANCE PROGRAMS & RISK MANAGEMENT