MUSIC THERAPY
IN PALLIATIVE CARE

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Mountain Health Music

Learning Objectives:

- Describe an intervention that a music therapist would use in a palliative care setting.
- Differentiate between Music Therapy, bedside music, and Music Thanatology.
- Recall two therapeutic outcomes of music therapy in a palliative care setting.

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MUSIC THERAPY IN PALLIATIVE CARE

Meghan Callaghan MT-BC
Arizona Geriatrics Society - Palliative Care Conference, August 8, 2014

Presentation Objectives

- Describe research-based music therapy interventions and outcomes for palliative care and hospice patients and families
- Differentiate between Music Therapy and other therapeutic uses of music in Palliative Care, including Threshold Choir and Music Thanatology.

Music Therapy Defined

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. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients’ abilities are strengthened and transferred to other areas of their lives. Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people’s motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings.

- The American Music Therapy Association
### Music Therapy Training & Professional Practice

- Bachelor’s degree or higher at one of 73 AMTA approved college or university programs
- 1200 hour supervised internship
- Credentialed by the Certification Board for Music Therapists
- MT-BCs adhere to the AMTA Standards of Practice, Code of Ethics, and Professional Competencies

### Where do music therapists work?

- Assisted Living Facilities
- Skilled Nursing
- Hospitals
- Schools
- Adult Day Treatment Centers
- Outpatient Rehabilitation
- Substance Abuse Counseling Programs
- Wellness Programs

### Music Therapy and Palliative Care IDT

- Music Therapy works across domains – addresses emotional, spiritual, psychological, physical, social needs of individuals
- MT-BCs follow standard treatment protocol: referral, assessment, treatment plan, evaluation, and discharge.
Music Therapy Outcomes for Palliative Care and Hospice Patients

- Non-pharmacological management of pain, and anxiety
- Encourage emotional awareness & expression
- Support spiritual exploration and practices
- Facilitate communication with family and caregivers
- Improve mood, decrease depression
- Support/Improve quality of life

Outcomes for staff/caregivers and family

- Decreases compassion fatigue and burnout for hospice staff
- Supports pre-loss care for family and bereavement
- Unpublished study indicates positive effect on family perception of quality of care

Research in Palliative Care Music Therapy

## Research in Palliative Care Music Therapy

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<th>Author(s)</th>
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### Music Therapy Techniques

- **Songwriting**
- **Song choices and live music listening**
- **Instrument playing and improvisation**
- **Singing**
- **Lyric Discussion**
- **Legacy Creation**
- **Life Celebration**
- **Guided Imagery and Music**

### Music Therapy at Princess Margaret Cancer Center
MT Legacy Creation at Cincinnati Children’s Hospital

Where can I find a music therapist?

- Arizona Music Therapy Association azmta.org
- American Music Therapy Association musictherapy.org

Threshold Choir International

- Network of over 100 volunteer choirs in the US and internationally that offer simple songs to comfort those facing life’s thresholds of illness and death
- Songs are offered a capella in groups of 2 or 3.
- The first choir began singing in 2000, expanded grassroots style.
Threshold Choir International

Threshold Choirs in Arizona

- Flagstaff
- Sedona
- Phoenix West
- Tucson

Visit thresholdchoir.org to find contact information for each choir

Music Thanatology

- Focus on the imminently dying, to resolve distress at end-of-life and support peaceful crossing over
- Use voice and harp
- Two training programs in US. Two year non-degree program with 324 hour internship.
- Rooted in the monastic medicine tradition, based on foundational work of Therese Schroeder-Sheker
- A “contemplative practice with clinical applications.”
Other Therapeutic Music Modalities

- Certified Clinical Musician
- Music and Memory Program™
- Harp Therapist
- Music Practitioner
- Therapeutic Musician
- Sound Healer
- Bedside Musician

Resources

- The American Music Therapy Association: musictherapy.org
- Certification Board for Music Therapists: cbmt.org
- Arizona Music Therapy Association: azmta.org

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