THE ARTS IN DEMENTIA CARE: MUSIC THERAPY

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WHAT IS MUSIC THERAPY?

PROFESSIONAL DEFINITION

“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, 2005

BRIEF HISTORY

- Formally began after WWII and WWII
- 1944 – Michigan State University earned the first academic program (1944)
- 1950 – National Association for Music Therapy (NAMT) founded, creating a registry and board-certification (1985)
- 1971 – American Association for Music Therapy (AAMT) was founded
- 1983 – Certification Board for Music Therapists was developed
- 1998 – American Music Therapy Association was formed as a merger between NAMT and AAMT

EDUCATION AND CREDENTIALS

- Minimum of Bachelors or Masters Equivalency Degree in Music Therapy from accredited program
- 1200 Clinical Hours including 1020 hour full-time internship
- Credential MT-BC earned from Certification Board for Music Therapists after passing board exam
- Many states have developed licensure for music therapy (including ND) or have some bills to develop new licensure (MN)
- Board Certified music therapists may also advance their education with a Masters degree or PhD in music therapy
MUSIC THERAPY VS MUSIC-BASED PROGRAMS

MUSIC THERAPY

4 Primary Components
- Assessment of clients
- Treatment Plan
- Implementation of intervention by MT-BC
- Ongoing evaluation

THERAPEUTIC MUSIC

- iPod programs
- Music Practitioners, Sound Healers, Music Thanatologists
- Music volunteers
- Music performances/entertainers

MUSIC THERAPY IN DEMENTIA CARE

TYPES OF SESSIONS
- INDIVIDUAL MUSIC THERAPY
- GROUP MUSIC THERAPY
- FAMILY MUSIC THERAPY

SETTINGS
- HOME – PRIVATE MUSIC THERAPY
- Skilled Nursing Facility
- Assisted Living
- Hospice
- Adult Foster Care
- Adult Day Care
- Geriatric Psychiatric Treatment Programs

MUSIC THERAPY IN DEMENTIA CARE (CONT.)

Goals of Care
- Assist in Memory Recall
- Cognitive Stimulation
- Sensory Stimulation
- Promote a positive mood and emotional states
- Increase alertness and awareness in environment
- Decrease anxiety and stress
- Decrease perception of pain and discomfort
- Facilitate social interaction
- Promote moments of emotional intimacy with family members

Interventions
- Music and Movement
- Singing
- Lyric Analysis
- Reminiscence/Life Review
- Music Listening
- Relaxation
- Guided Imagery
- Instrument Playing
- Singing
HIGHLIGHTS FROM MUSIC THERAPY LITERATURE

- Music therapy reduces depression among older adults
- Music experiences can be structured to enhance social/emotional skills, to assist in recall and language skills and to decrease problem behaviors
- Music tasks can be used to assess cognitive ability with those diagnosed with Alzheimer's Disease
- Music is effective in decreasing frequency of agitated and aggressive behaviors for individuals diagnosed with various types of dementias
- Individuals in the late stages of dementia respond to and interact with music

RECENT FINDINGS FROM NEUROSCIENCE


- Musical memory systems are independent from other memory systems in the brain.
- Regions of the brain containing musical memory are associated with the same areas of the brain that are less affected by atrophy and lesions caused by Alzheimer’s Disease.


- Music activates the salience network of the brain, which controls our perception of stimuli in our environment and our emotional and behavioral responses to stimuli.
- Music activates multiple regions of the brain at the same time, resulting in higher functional communication between these regions.

TIPS TO ADDING MUSIC TO YOUR TOOLBOX

1) Use preferred music.
2) Be aware of surroundings.
3) Observe.
4) Turn it off.
REFERENCES