

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 WWI and WWII
- 1944 - Michigan State University started 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 active bills to develop state 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	THERAPEUTIC MUSIC
<p>4 Primary Components</p> <ul style="list-style-type: none"> Assessment of clients Treatment Plan Implementation of intervention by MT-BC Ongoing evaluation 	<ul style="list-style-type: none"> iPod programs Music Practitioners, Sound Healers, Music Thanatologists Music volunteers Music performances/entertainers

MUSIC THERAPY IN DEMENTIA CARE

<p>TYPES OF SESSIONS</p> <ul style="list-style-type: none"> INDIVIDUAL MUSIC THERAPY GROUP MUSIC THERAPY FAMILY MUSIC THERAPY <p>SETTINGS</p> <ul style="list-style-type: none"> HOME – PRIVATE MUSIC THERAPY SKILLED NURSING FACILITY ASSISTED LIVING HOSPICE ADULT FOSTER CARE ADULT DAY CARE GERIATRIC PSYCHIATRIC TREATMENT PROGRAMS 	
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MUSIC THERAPY IN DEMENTIA CARE (CONT.)

Goals of Care	Interventions
<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Music and Movement Songwriting 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

Research highlights reprinted from American Music Therapy Association (2006). Music Therapy and Alzheimer's Disease.

RECENT FINDINGS FROM NEUROSCIENCE



Jacobsen, Stelzer, Fritz, Chetelat, Joie, and Turner (2015). Why musical memory can be preserved in advanced Alzheimer's disease. *Brain*, 138, 8, 2438-2450.

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

University of Utah Health (2018). Music activates regions of the brain spared by Alzheimer's disease. *Science Daily*.

- 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

American Music Therapy Association (2006). Music Therapy and Alzheimer's Disease.

American Music Therapy Association (2005). Definition and quotes about music therapy.
<https://www.musictherapy.org/about/quotes/>

Jacobsen, Stelzer, Fritz, Chetelat, Joie, and Turner (2015). Why musical memory can be preserved in advanced Alzheimer's disease. *Brain*, 138, 8, 2438-2450.

University of Utah Health (2018). Music activates regions of the brain spared by Alzheimer's disease. *Science Daily*, 28 April 2018. www.sciencedaily.com/releases/2018/04/180428145111.htm
