



I've Got the Music In Me: Using Music As Therapy in Everyday Living

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Huntington's Disease
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Presenter Disclosures

Elizabeth Giffin

The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose
or list



Overview of Music Therapy

- Definition
- Qualifications
- Difference between professional MT and personal use of music as therapy



SO CUTE

Energy Alteration

1. Get Up, Now Get on Up!

- Incentive to Initiate Movement
- Motivation to Maintain
 - Disassociation through music diverts the mind
 - Music Promotes flow states for internal motivation
- Synchronized music movements can shift your level or workout
- Music evokes emotions that enrich your enjoyment
- Music Making for Intentional Movement



- Dainow, E. (1977). Physical effects and motor responses to music. *Journal of Research in Music Education*, 25, 211-221
- Gfeller, K. (1988). Musical components and styles preferred by young adults for aerobic fitness activities. *Journal of Music Therapy*, 25, 28-43.

Music to Assist in Relaxation



2. Just For a Moment, Let's Be Still

- Benefits of Preferred Music

Helpful Pairings for Listening

Breathing Exercises

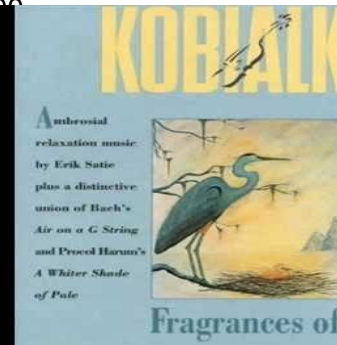
Imagery/Relaxation Script

Drawing

*McKinney, C.H., Antoni, M.H., Kumar, M., Tims, F.C. & McCabe, P.M. (1997). Effects of Guided Imagery and Music (GIM) Therapy on mood and cortisol in healthy adults. *Health Psychology* 16 (4). 399-409.

*Robb, S.L., Nichols R.J., Rutan R.L. & Bishop B.L. (1995). The effects of music assisted relaxation on preoperative anxiety. *Journal of Music Therapy*, 32, 2-21.

[*Chuang CY¹](#), [Han WR](#), [Li PC](#), [Young ST](#) **Effects of music therapy on subjective sensation rate variability in treated cancer survivors: a pilot study.** [Complement Ther Med.](#) 2010 Oct;18(5):224-6. doi: 10.1016/j.ctim.2010.08.003.





Music for Connection

3. It Seems To Me I've Heard That Song Before...

- Effect of Music on Memory
 - Procedural
 - Emotional
- Songs can help us remember
- Songs can represent us

This Song Brings Back Memories of...

- ❖ *My Parent*
- ❖ *My First Love*
- ❖ *My First Heartbreak*
- ❖ *Being Away From Home for the First Time*
- ❖ *A Job*
- ❖ *A Marriage*
- ❖ *A Child*
- ❖ *Home*

Express Yourself!



4. You're Amazing, Just the Way You Are...

- Music for Self Expression
 - Reflection of Our Current Mood
 - Jumping off Place for Deeper Conversations
 - Music as Expression With Others
 - Improvisation
 - Drumming
 - Singing/Vocalizing

Songwriting as a Legacy Project



5. I Did It My Way

- Why Create a Music Legacy?

Something to Remember Us By

Validation of Self-worth

Sharing of Feelings, Regrets, Hopes

Opportunity for Collaboration

Hands And Heart

*Hands and heart, I Love you
Hands and heart, I miss you
Hands and heart, I thank you
For everything you've done.*



*Hands and heart, could you hold me?
Hands and heart, could you sing to me?
Hands and heart, Let your love bring me home.*

Resources

Adaptive Instruments

(Remo Paddle drums, adaptive mallets, etc) www.westmusic.com

Deep Breathing Exercises

Andrew Weill exercise descriptions and demo:

<http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>

Relaxation Scripts and MP3s

<http://www.the-guided-meditation-site.com/relaxation-script.html>

Music and Memory

Film: Alive Inside: A Story of Music and Memory

Instruments for Improvisation

Reverie Harp (Music Makers): www.harpkit.com

Qchord

Legacy Workbooks

<https://celebrationsoflife.net>