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

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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
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

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


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:

Relaxation Scripts and MP3s

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