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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

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Using Music To Boost Energy

- 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.

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Relaxation

#2
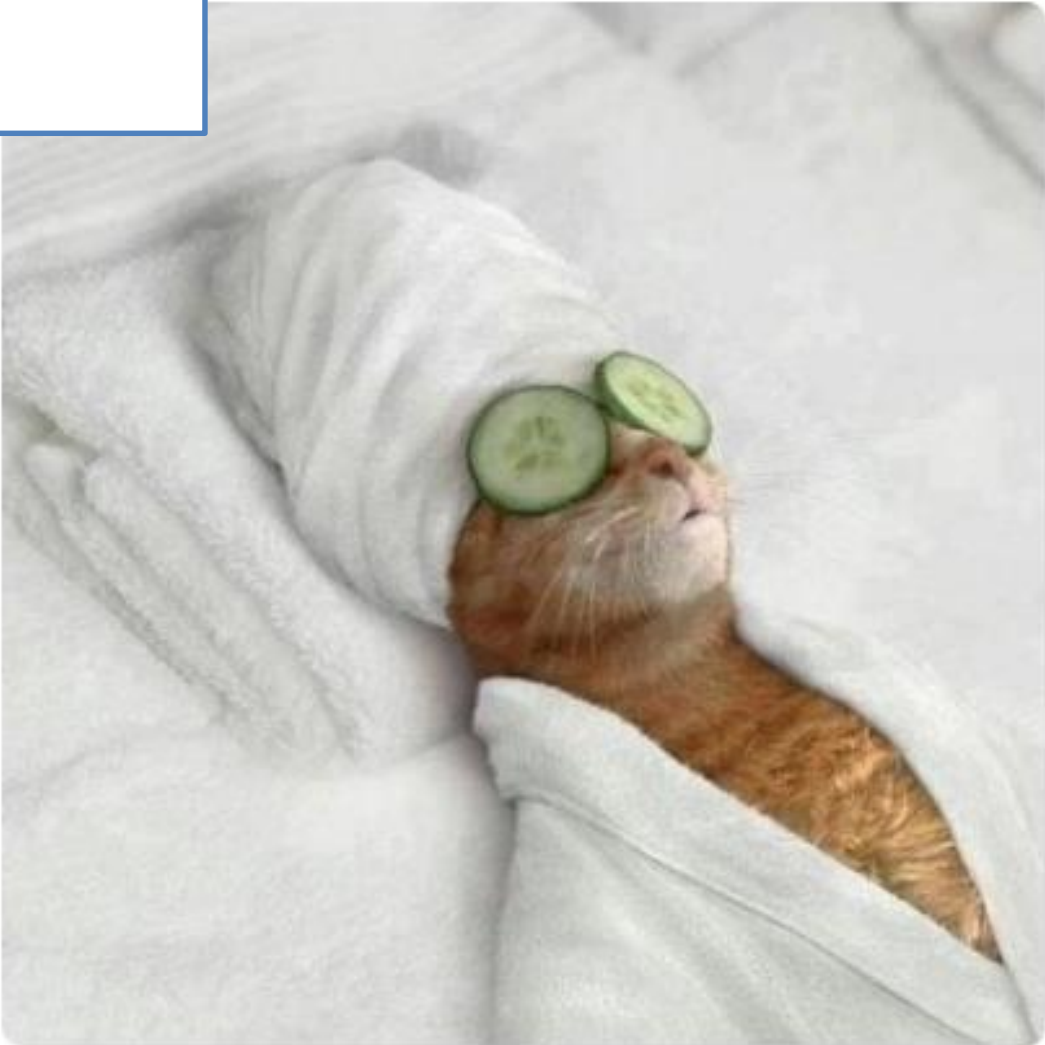
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prestigiaonline.com

Visit

Comments

Music to Slow Things Down

- 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). 390-400.

*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 CY[1], Han WR, Li PC, Young ST **Effects of music therapy on subjective sensations and heart 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.

#3

Music and Recall

Music For Cognitive Stimulation

- 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*

Sharing

Using Music To Connect To Others

- Music for Self Expression
  - Reflection of Our Current Mood
  - Jumping off Place for Deeper Conversations

  - Music as Expression With Others
    Improvisation
    Drumming
    Singing/Vocalizing

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#5

A Gift From the Heart

Songwriting As Legacy

- 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

Name That Song/Performer

1._____

2._____

3._____

4._____

5._____