

Certificate in Integrative Palliative Care – 3
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Week-08
Lecture 60: Introductory Dialogue

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Hello everyone. So now we are in week 8 and this is first lecture on introduction to the week 8. The week 8 has a special complementary therapy on music therapy.

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PRELUDE

- 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." It is also a vocation, involving a deep commitment to music and the desire to use it as a medium to help others. Although music therapy has only been established as a profession relatively recently, **the connection between music and therapy is not new.**
- Music therapy is a broad field. Music therapists use music-based experiences to address client needs in one or more domains of human functioning: **cognitive, academic, emotional/psychological; behavioural; communication; social; physiological (sensory, motor, pain, neurological and other physical systems), spiritual, aesthetics.**

So what is music therapy? Music therapy is the clinical and evidence based use of music intervention to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. It is also a vocation involving a deep commitment to music and the desire to use it as a medium to help others. Although music therapy has only been established as a profession relatively recently, the connection between music and therapy is not new.

Music therapy is a broad field. Music therapists use music-based experiences to address client needs in one or more domains of human functioning like cognitive, academic, emotional or psychological, behavioral, communication, social, physiological, that is sensory, motor, pain, neurological and other physical systems, spiritual and aesthetics.

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So in this week, that is week number eight, We'll have the following lessons. Firstly, we'll know something about music therapy.

Then in number two lecture, we'll discuss about the history and medical benefits of music therapy. Third, music therapy in palliative care. Then tools and activities of music therapy. And lastly, we'll have intervention by raga, particularly Indian raga system in music therapy.

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So, coming to basics of knowledge about music therapy.

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Music Therapy

- Music therapy is a therapeutic approach that uses the naturally mood-lifting properties of music to help people improve their mental health and overall well-being. This form of treatment may be helpful for people with depression and anxiety, and it may help improve the quality of life for people with physical health problems.
- Anyone can engage in music therapy; you don't need a background in music to experience its beneficial effects.
- It's a goal-oriented intervention that may involve:
 - Making Music
 - Writing Songs
 - Singing
 - Dancing
 - Listening To Music
 - Discussing Music

is form of treatment may be helpful for people with depression and anxiety, and it may help improve the quality of life of people with physical health problems. Anyone can engage in music therapy. Listen dear friends, anyone can engage in music therapy.

You don't need a background in music to experience its beneficial effects. You mean all are bathroom singers? No, not bathroom singers. Proper singers which can benefit the patients. It is a goal-oriented intervention that may involve making music, writing songs, singing, dancing, listening to music, and discussing music.

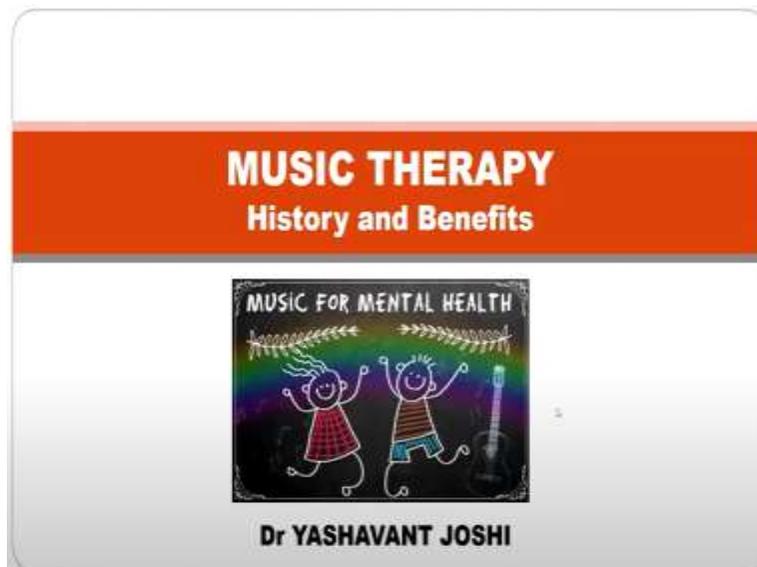
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These are the health benefits.

It reduces anxiety, it reduces depression, it reduces stress, it improves emotional regulation and processing, it promotes feelings of safety and security, and it improves attachment. Improves self-esteem and sense of identity. It promotes resilience and it has many physical benefits as well.

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Music therapy, history and benefits.

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History & Origins

- Music has been a part of human life for thousands of years. Specifically, experts have found instruments dating back to over 40,000 years ago, suggesting that humans' desire to express themselves or communicate through music is deep rooted.
- The use of music for therapy and healing dates back to Ancient India & Greece, but its therapeutic use today began in the 20th century, after World War II had ended.
- The earliest reference to music therapy comes from a 1789 article called **"Music Physically Considered."**

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Specifically, experts have found instruments dating back to over 40,000 years ago suggesting that humans desire to express themselves or communicate through music is deep-rooted. The use of music for therapy and healing dates back to ancient India and Greece, but its therapeutic use today began in the 20th century after World War II had ended. That is in 1945, afterwards. The earliest reference to music therapy comes 1789 article called Music Physically Considered.

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MUSIC THERAPY
PALLIATIVE CARE



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Then there is a lecture on Music therapy, its role in palliative care by our faculty Dr. Pragyan Dangwal.

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Efficacy of Music

- Music has been found to have a significant impact on reducing the perception of physical pain and the length and severity of chemotherapy-induced nausea and vomiting.
- Carefully selected music can facilitate relaxation and alleviate anxiety, agitation and insomnia or it can provide motivation for physical activation and enhance feelings of well-being.
- Music therapy can also assist the individual in maintaining a sense of independence and in retaining a sense of control of his or her life by providing opportunities for choice and decision-making.

It shows the efficacy of music. Music has been found to have a significant impact on reducing the perception of physical pain and the length and severity of chemotherapy-induced nausea and vomiting. Carefully selected music can facilitate relaxation and alleviate anxiety, agitation and insomnia or it can provide motivation for physical activation and enhance feelings of well-being. Music therapy can also assist the individual in maintaining a sense of independence and in retaining a sense of control of his or her life by providing opportunities for choice and decision making.

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MUSIC THERAPY

Tools & Activities



Dr YASHAVANT JOSHI

Music therapy, what are the tools and activities?

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MUSIC THERAPY ACTIVITIES

The core purpose of music therapy is to strengthen one's emotional skills and calls for a positive shift in mindset. Various methods or music therapy activities are used by professionals to meet these goals (Kimberley 2012). For example, some music therapy activities include:

- **Writing and singing songs.**
- **Improvising on songs and music pieces.**
- **Playing a musical instrument.**
- **Using musical devices and technology.**
- **Listening to music (with and without visual imagery).**
- **Exchanging information through music.**

Music therapy activities. The core purpose of music therapy is to strengthen one's emotional skills and calls for a positive shift in mindset. Various methods of music therapy activities are used by professionals to meet these goals. For example, some music therapy activities include writing and singing songs, improvising on songs and music pieces, playing a musical instrument, using musical devices and technology, listening to music with and without visual imagery, and exchanging information through music. This

is generally what you do with your friends who is located in the city of Rajkot, am I right? Yes.

Can you tell something about it? Yeah, when I discuss my choice of music with my friend staying very far away on phone, it really gives a sense of well-being, happiness and satisfaction.

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Music Therapy, Interventions and Raga. This has been basically written by our faculty, Bhuvaneshwari Ramesh. She is from Chennai, South India. She could not come.

She is a very good singer. I wish she should have come here for this particular music therapy lectures.

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There is a role of music therapy intervention in palliative care to improve quality of life holistically, which can be physical, psychological, social and spiritual dimension. It elevates moods and relationships. Immediate pain relief, it is one of the qualities of music therapy.

Perceived benefits of alleviating anxiety and worries, bringing in peace of mind and comfort. And psychological responses like feeling supportive, confident, happy and being relaxed brings in a sense of control in the patients and helps to perceive the pain to be less or no pain. I just want to add one of my experiences. One of the NGO, they came to our hospital, I am working in a cancer institute, and they came to our hospital and they said that we want to put our students from various colleges who are interested in playing music, we want to post them in your chemotherapy ward. So when patient is receiving chemotherapy and they listen to music, they feel very happy, satisfied, contented, and the side effects of chemotherapy reduces.

We allowed that and it has got wonderful results. Patients are very happy listening to music while undergoing chemotherapy for 3-4 hours. Excellent. Where is your hospital located? In Ahmedabad, India.

Thank you. Thank you, friends.