

Certificate in Integrative Palliative Care – 3
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Week-08
Lecture 61: Music Therapy

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Namaskar everybody. We start with today's course on music therapy.

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PRELUDE

- Music therapy "is a clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a accredited professional who has completed an advanced 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.**

Music therapy is a clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by an accredited professional who has completed an advanced 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 at all 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 or psychological, behavioral, communication, social, physiological, which includes sensory motor, pain, neurological and other systems, spiritual and aesthetics.

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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

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You can or do not need any background in music therapy to experience the benefits. It is a goal-oriented intervention that may involve making music, writing songs, singing, dancing, listening to music, discussing music.

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Music Therapy

- Music experiences are strategically designed to use the elements of music for therapeutic effects, including melody, harmony, key, mode, meter, rhythm, pitch/range, duration, timbre, form, texture, and instrumentation.
- Some common music therapy practices include developmental work (communication, motor skills, etc.) with individuals with special needs, song writing and listening in reminiscence, orientation work with the elderly, processing and relaxation work, and rhythmic entrainment for physical rehabilitation in stroke survivors.
- Music therapy is used in medical hospitals, cancer centres, schools, alcohol and drug recovery programs, psychiatric hospitals, nursing homes, and correctional facilities.

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What is music therapy?

- Music therapy uses the powerful abilities of music to improve a person's well-being. It is an alternative to other types of therapy, such as counseling or Cognitive Behavioral Therapy (CBT).
- Music therapists use a person's responses and connections to music to encourage positive changes in mood and overall mental mindset.
- Music therapy can include listening to music or creating music with instruments of all types. It may also involve singing or moving to music.

Music therapy uses the powerful abilities of music to improve a person's well-being. It is an alternative to other types of therapy, such as counseling or cognitive behavior therapy. Music therapists use a person's responses and connections to music to encourage positive changes in mood and overall mental mindset. Music therapy can include listening to music or creating music with instruments of all the types.

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What is music therapy?

- It can help improve confidence, communication skills, independence, self-awareness and awareness of others, and concentration and attention skills.
- Live musical interaction between a person and their therapist is important during music therapy.
- Improvisation can also be a key part of music therapy. This involves making music up on the spot in response to a mood or a theme, such as making the sound of a storm using drums and a rainstick.

It can help improve confidence, communication skills, independence, self-awareness and awareness of others, and concentration and attention skills. Live musical interactions between a person and their therapist is important during the music therapy. Improvisation can also be a key to the part of music therapy. This involves making music on the spot in response to the mood or a theme, such as making the sound of a storm using drums and a rain stick.

So these were some of the music therapies in which music therapy can be beneficial to any individual, whether ailing from any ailment or not.

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Types of Music Therapy

Music therapy can be **an active process**, where clients play a role in creating music, or a **passive one** that involves listening or responding to music. Some therapists may use a **combined approach** that involves both active and passive interactions with music. There are a variety of approaches established in music therapy, including:

Now let's come to the types of music therapy. Music therapy can be active process where clients play a role in creating music or a passive one that involves listening or responding to music. Some therapists may use a combined approach that involves both active and passive interactions with music. There are a variety of approaches established in music therapy.

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Types of Music Therapy

1. **Analytical Music Therapy:** Analytical music therapy encourages you to use an improvised, musical "dialogue" through singing or playing an instrument to express your unconscious thoughts, which you can reflect on and discuss with your therapist afterward.
2. **Benenzon Music Therapy:** This format combines some concepts of psychoanalysis with the process of making music. Benenzon music therapy includes the search for your "musical sound identity," which describes the external sounds that most closely match your internal psychological state. Benenzon (Argentina) is a leading figure in the field of Music Therapy

They include analytical music therapy. The analytical music therapy encourages you to use an improvised musical dialogue through singing or playing an instrument to express your unconscious thoughts, which can reflect on and discuss with your therapist afterwards. The Benenzon music therapy, this format combines some components of psychoanalysis with the process of making music. The Benenzon music therapy includes the search of your musical sound identity, which describes the external sound that most closely match your internal psychological state. Benenzon, coming from Argentina, is a leading figure in the field of music therapy.

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Types of Music Therapy

3. **Cognitive Behavioral Music Therapy (CBMT):** This approach combines Cognitive Behavioral Therapy (CBT) with music. In CBMT, music is used to reinforce some behaviors and modify others. This approach is structured, not improvisational, and may include listening to music, dancing, singing, or playing an instrument.
4. **Community Music Therapy:** This format is focused on using music as a way to facilitate change on the community level. It's done in a group setting and requires a high level of engagement from each member.

Next we have the cognitive musical therapy. This approach combines cognitive behavioral therapy with music and hence the name cognitive musical therapy. This approach is structured, not improvisational and may include listening to music, dancing, singing or playing an instrument. The next is the community music therapy. This format is focused on using music as a way to facilitate change on the community level.

It is done in a group setting and requires a high level of engagement from each member.

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Types of Music Therapy

5. **Nordoff-Robbins Music Therapy:** Also called creative music therapy, this method involves playing an instrument (often a cymbal or drum) while the therapist accompanies using another instrument. The improvisational process uses music as a way to help enable self-expression.
6. **The Bonny Method of Guided Imagery And Music (GIM):** This form of therapy uses classical music as a way to stimulate the imagination. In this method, you explain the feelings, sensations, memories, and imagery you experience while listening to the music.

The Nordoff-Robbins music therapy, also called creative music therapy, this method involves playing an instrument, often a cymbal or drum, while the therapist accompanies using another instrument. The improvisational process uses music as a way to help enable self-expression. So this method combines both the therapist and the client together engaged in this therapy. The Bonny method of guided imagery and music, commonly known as GIM.

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Types of Music Therapy

7. Vocal Psychotherapy: In this format, you use various vocal exercises, natural sounds, and breathing techniques to connect with your emotions and impulses. This practice is meant to create a deeper sense of connection with yourself.



This form of therapy uses classical music as a way to stimulate the imagination. In this method, you explain the feelings, sensations, memories and imagery experience while listening to music. So till now we have discussed the six types of music therapy and the last in the list is that of vocal psychotherapy. Now vocal psychotherapy combines a lot of activities and exercises including natural sounds, breathing techniques to connect with your emotions and impulses. The therapy is there to connect you and to create a deeper sense of connection with yourself.

So it is more within looking yourself with the help of other sounds and techniques that are involved in this therapy.

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Music Therapy vs. Sound Therapy

Music Therapy And Sound Therapy (or sound healing) are distinctive, and each approach has its own goals, protocols, tools, and settings:

- Music therapy is a relatively new discipline, while sound therapy is based on ancient Tibetan cultural practices.
- Sound therapy uses tools to achieve specific sound frequencies, while music therapy focuses on addressing symptoms like stress and pain.
- The training and certifications that exist for sound therapy are not as standardized as those for music therapists.
- Music therapists often work in hospitals, substance abuse treatment centers, or private practices, while sound therapists may offer their service as a component of complementary or alternative medicine.

The next is a comparison between music therapy and sound therapy. Now music therapy and sound therapy both are including sound in it and they are distinctive in their each approach with their own goals. They have set protocols, tools and settings. Whereas music therapy is a relatively new discipline, the sound therapy is based on the ancient Tibetan cultural practices.

You would also see music therapy as from being there in the Indian ragas which are there which we will be discussing later on. Now the sound therapy uses tools to achieve that specific sound frequency while music therapy focuses more on the symptoms that a person is feeling and then having a connect, psychological connect with it and then going ahead with that therapy. The training and certifications exist for both sound as well as for music therapy. While for sound therapy there are more standardized and very specific certifications, for music therapy they are yet to formalize in lot many places. Now music therapists often work in hospitals, in clinics, in schools.

They have a very diverse set. They can be used with alcohol abuse treatment centers or in private practices, in schools, colleges, along with other therapies. So it comes out more as a complementary and alternative medicines which can be used along with your music therapy.

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TECHNIQUES

- When you begin working with a music therapist, you will start by identifying your goals. For example, if you're experiencing depression, you may hope to use music to naturally improve your mood and increase your happiness. You may also want to try applying music therapy to other symptoms of depression like anxiety, insomnia, or trouble focusing.
- During a music therapy session, you may listen to different genres of music, play a musical instrument, or even compose your own songs. You may be asked to sing or dance. Your therapist may encourage you to improvise, or they may have a set structure for you to follow.

Now let us come to the techniques of music therapy. Now when one starts to work with a music therapy, you start with identifying the goals of the client and the therapist as well.

For example, if you are experiencing depression, you may hope to use music to naturally improve your mood and to increase your happiness levels. You may want to apply music therapy to other symptoms of depression, anxiety, insomnia or have trouble in focusing. During a music therapy session, you may listen to different genres of music, play a musical instrument, compose your own songs or play along with others. You may dance to the music which is there. Your therapist may encourage you to improvise or they may have to set a structure you follow. So there is a lot of flexibility which is there and which has to be decided before by the therapist and the clients.

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TECHNIQUES

- You may be asked to tune in to your emotions as you perform these tasks or to allow your feelings to direct your actions. For example, if you are angry, you might play or sing loud, fast, and dissonant chords.
- You may also use music to explore ways to change how you feel.
- If you express anger or stress, your music therapist might respond by having you listen to or create music with slow, soft, soothing tones.

The client and the therapist may be asked for a tune that is more reflective of your emotions at that time and allow you to connect with your feelings directly and through your actions for example if you are angry you might play a song or sing a song which is loud fast and has dissonant chords You may also use music to explore ways to change how you feel. If you express anger or stress, your music therapist may respond by having you listen or create music with slow, soft and soothing tones.

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TECHNIQUES

- Music therapy is often one-on-one, but you may also choose to participate in group sessions if they are available. Wherever it happens to be, the room you work in together will be a calm environment with no outside distractions.
- Sessions with a music therapist take place wherever they practice, which might be a:
 - Clinic
 - Community Health Center
 - Correctional Facility
 - Hospital
 - Private Office
 - Physical Therapy Practice
 - Rehabilitation Facility

The other techniques include music therapy, which often is based on the one-to-one which is there between the therapist and the client, but it can also happen in group

settings. Whenever it happens in a group setting, we need to ensure that the environment of the setting is such which facilitates the promotion of these activities.

So sessions with the music therapist take place wherever they practice, which might be in a clinic, in a community health center, in a hospital, in a private office, is as a physical therapist practice or in a rehabilitation facility or in any other place which the therapist deems it right and appropriate for the client to practice at.

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We come to the next part, which will talk about the health benefits of music therapy.

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CLINIC



NURSERY



Community Health Centre



Now, music therapy, as is engaged in private home, as in clinic, as in nursery, as in community health center, we can have lots of patients who are either suffering from any ailment, like I said before, or people who are just want to elevate their moods, be in a more happier situation, or feel relaxed.

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What Music Therapy Can Help With:

- Alzheimer's Disease
- Anxiety or Stress
- Autism
- Cardiac Conditions
- Chronic Pain
- Depression
- Diabetes
- Difficulties with Verbal and Nonverbal Communication
- Emotional Dysregulation
- Feelings of Low Self-esteem
- Headaches

So we can have students, we can work with music therapy with Alzheimer's patients, with patients who are suffering from anxiety and stress, with patients within the autism spectrum disorder, patients with cardiac conditions, chronic pain, depression, diabetes, those who have difficulties with verbal and non-verbal communication, have difficulties

in regulating their emotions, are feeling low and have a low self-esteem and even focuses with just a simple headache.

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What Music Therapy Can Help With:

- Impulsivity
- Negative Mood
- Post-traumatic Stress Disorder (PTSD)
- Problems related to childbirth
- Rehabilitation after an injury or medical procedure
- Respiration Problems
- Substance Use Disorders
- Surgery-related Issues
- Traumatic Brain Injury (TBI)
- Trouble with Movement or Coordination

Impulsivity, negative mood, post-traumatic stress disorder, problems related with childbirth, rehabilitation after an injury, respiration problems, substance use disorders, traumatic experiences, trouble in movement and coordination, brain injury are the other conditions in which music therapy helps.

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What Music Therapy Can Help With

RESEARCH ALSO SUGGESTS THAT IT CAN BE HELPFUL FOR PEOPLE WITH:

- Insomnia
- Obsessive-compulsive Disorder (OCD)
- Schizophrenia
- Stroke and Neurological Disorders

HELP CHILDREN AND ADOLESCENTS:

- Develop their Identities
- Improve their Communication Skills
- Learn to Regulate Their Emotions
- Recover from Trauma
- Self-reflect

Now music therapy is a research-based therapy which has been found to be effective especially in insomnia, obsessive-compulsive disorder, schizophrenia, stroke and neurological disorders, With children and adolescents, it has found to be very helpful in development with their identities, improve their communication skills, learn to regulate their emotions and recover from trauma and even work on situations which deal with self-esteem and self-reflection.

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With children, it is found to be especially very, very useful where music therapy can be highly personalized.

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Benefits of Using Music Therapy

- Music therapy can be highly personalized, making it suitable for people of any age—even very young children can benefit.
- It's also versatile and offers benefits for people with a variety of musical experience levels and with different mental or physical health challenges.

As you see, many therapies are very difficult for children. But here, music therapy can be highly personalized for children, for any age group as a matter of fact, it is very versatile. It offers benefit for people with a variety of musical experiences, whether they are trained or untrained, what is their mental set which is there and what are the health challenges that they are facing.

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Benefits of Using Music Therapy

Engaging with music can:

- Activate regions of the brain that influence things like memory, emotions, movement, sensory relay, some involuntary functions, decision-making, and reward
- Fulfill social needs for older adults in group settings
- Lower heart rate and blood pressure
- Relax muscle tension
- Release endorphins
- Relieve stress and encourage feelings of calm
- Strengthen motor skills and improve communication for children and young adults who have developmental and/or learning disabilities

The benefits of when you engage in music can that they activate some of the regions of your brain that influence memory, emotions, movement, sensory delays, some

involuntary functions, decision making and rewards. They fulfill social needs and older adults in group settings. They help them with their social skills. When we come to our physical aspects, they lower heart rate, blood pressure, they relax muscle tension, they release endomorphins. They relieve stress and encourage people in feeling calmness.

They strengthen motor skills and improve communication of children and young adults who have developmental or learning disabilities.

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Benefits of Using Music as Therapy

- Research has also shown that music can have a powerful effect on people with dementia and other memory-related disorders.
- Overall, music therapy can increase positive feelings, like:
 - Calmness
 - Euphoria
 - Confidence and Empowerment
 - Emotional Intimacy

Well, some of the other benefits include that overall music therapy can increase in positive feelings of calmness, euphoria, confidence and empowerment, emotional intimacy. Research has shown that music can have powerful effect on people with dementia and memory related disorders.

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So we have already discussed some of them.



Now regarding their effectiveness, there has been a lot of research which has been done.

There is evidence based research which is there. And here next we will talk about some of the specific disorders, the mental health related disorders in which music therapy has been found to be exceptionally useful.

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1. Depression

- Studies have shown that music therapy can be an effective component of depression treatment. According to the research cited, the use of music therapy was most beneficial to people with depression when it was combined with the usual treatments (such as antidepressants and psychotherapy).
- When used in combination with other forms of treatment, music therapy may also help reduce obsessive thoughts, depression, and anxiety in people with OCD.
- In 2016, researchers conducted a feasibility study that explored how music therapy could be combined with CBT to treat depression. While additional research is needed, the initial results were promising.

The first is depression. Studies have shown that music therapy can be an effective component of depression treatment. According to research cited, the use of music therapy was most beneficial to people with depression when it was combined with the usual treatment such as using antidepressants and psychotherapy.

When used in combination with other forms of treatment, music therapy may also help reduce obsessive thoughts, depression and anxiety in patients with OCD. In 2016, there was a remarkable research which was done and it was done on the feasibility of the study that explored how music therapy could be combined with CBT to treat depression. While additional research is still needed, the initial research were highly promising.

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2. Insomnia

- Many people find that music, or even white noise, helps them fall asleep. Research has shown that music therapy may be helpful for people with sleep disorders or insomnia as a symptom of depression.
- Compared to pharmaceuticals and other commonly prescribed treatments for sleep disorders, music is less invasive, more affordable, and something a person can do on their own to self-manage their condition.

Many people find that music is also very good for insomnia or even avoid noise. People when the help of it can easily fall asleep.

Research has shown that music therapy may be helpful for people with sleep disorders, insomnia or a symptom of depression. Compared to pharmaceuticals and other commonly prescribed treatments for sleep disorders, music is less invasive, more manageable, self-manageable, more affordable and people do not use every time the help of a clinician.

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3. Pain Management

Music has been explored as a potential strategy for acute and chronic pain management in all age groups. Research has shown that listening to music when healing from surgery or an injury, for example, may help both kids and adults cope with physical pain.

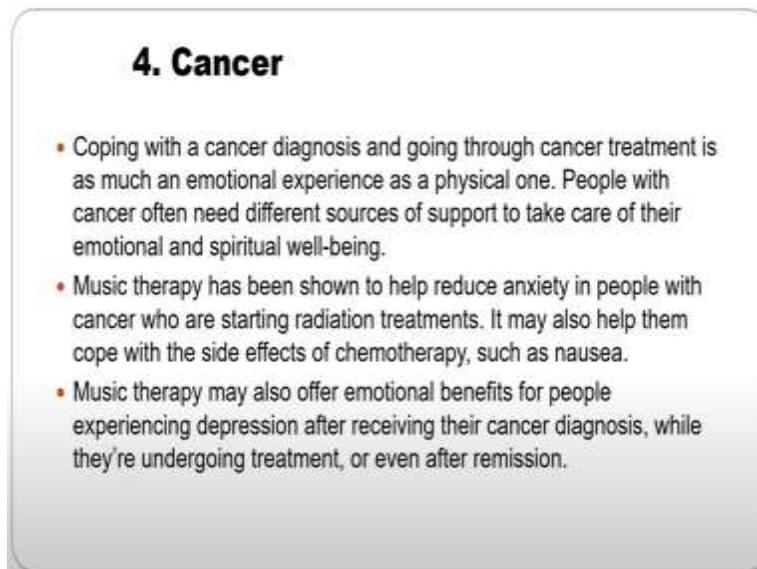
- Music therapy may help reduce pain associated with:
 - **Chronic conditions:** Music therapy can be part of a long-term plan for managing chronic pain, and it may help people recapture and focus on positive memories from a time before they had distressing long-term pain symptoms.
 - **Labor and childbirth:** Music therapy-assisted childbirth appears to be a positive, accessible, non-pharmacological option for pain management and anxiety reduction for laboring people.
 - **Surgery:** When paired with standard post-operative hospital care, music therapy is an effective way to lower pain levels, anxiety, heart rate, and blood pressure in people recovering from surgery.

Next we come to pain management. Music has been explored as a potential strategy for acute and chronic pain management in all age groups. Research has shown that listening to music while healing from surgery or an injury, for example, may help both kids and adults cope with physical pain.

Music therapy may help reduce pain associated with chronic conditions such as long-term pain for chronic pain management. It may help people recapture and focus on positive memories from a time before they had distressing long-term pain symptoms. Labor and childbirth. Music therapy assisted childbirth appears to be a positive, accessible, non-pharmacological option for pain management and anxiety reduction for laboring people.

Surgery. When paired with standard post-operative hospital care, music therapy is an effective way to lower pain levels, anxiety, heart rate, and blood pressure in people recovering from surgery.

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4. Cancer

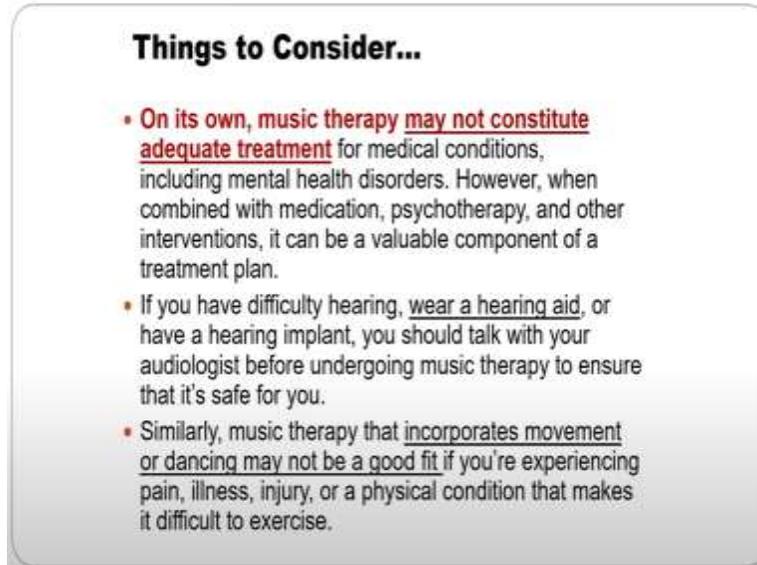
- Coping with a cancer diagnosis and going through cancer treatment is as much an emotional experience as a physical one. People with cancer often need different sources of support to take care of their emotional and spiritual well-being.
- Music therapy has been shown to help reduce anxiety in people with cancer who are starting radiation treatments. It may also help them cope with the side effects of chemotherapy, such as nausea.
- Music therapy may also offer emotional benefits for people experiencing depression after receiving their cancer diagnosis, while they're undergoing treatment, or even after remission.

Music therapy has also been found to be exceptional with cancer patients. Coping with cancer diagnosis and going through cancer treatment is such an emotional experience than a physical one. People with cancer often need different sources of support to take care of their emotional as well as spiritual well-being. Music therapy has been shown to help reduce anxiety in people with cancer who are starting their radiation treatments.

So people who are starting with their radiation treatment, it helps them reduce their anxiety which is related to their treatment. It may also help them cope with the side

effects of chemotherapy such as nausea. Music therapy may also offer emotional benefits for people experiencing depression after receiving cancer diagnosis, while undergoing treatment and even after remission.

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Things to Consider...

- **On its own, music therapy may not constitute adequate treatment** for medical conditions, including mental health disorders. However, when combined with medication, psychotherapy, and other interventions, it can be a valuable component of a treatment plan.
- If you have difficulty hearing, **wear a hearing aid**, or have a hearing implant, you should talk with your audiologist before undergoing music therapy to ensure that it's safe for you.
- Similarly, music therapy that **incorporates movement or dancing may not be a good fit** if you're experiencing pain, illness, injury, or a physical condition that makes it difficult to exercise.

Now things to consider for music therapy. On its own, music therapy may not constitute adequate treatment for medical conditions, including mental health disorders.

However, when combined with medication, psychotherapy and other interventions, it can be a valuable component of a treatment plan. If you have difficulty in hearing, wearing a hearing aid or having a hearing implant, you should talk with your audiologist before undergoing music therapy to ensure that it is safe for you. Similarly music therapy that incorporates movement or dancing may not be a good fit if you are experiencing pain illness injury or a physical condition that makes it difficult to exercise. So that was music therapy its benefit and how evidence-based research shows that it is so useful for many of the disorders and ailments which people suffer. But the only caution that one has to keep that it has to be there along with other medications to reap its full benefits. Thank you.