

Certificate in Integrative Palliative Care – 3
Dr. Geeta Joshi
Dr. Piyush Gupta
Dr. Col. Yashavant Joshi
International Institute of Distance Learning
Indian Institute of Technology, Kanpur

Week-08
Lecture 64: Music Therapy: Tools & Activities

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Hi. Greetings from IIDL, NAPCAIM. I am Dr. Piyush Gupta, Secretary of Cancer Aid Society and Secretary of National Association of Palliative Care for AYUSH and Integrative Medicine. Dear students, in this particular presentation, we'll be learning about music therapy, the tools, and activities.

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OBJECTIVE

Music Therapy stands undisputed as a heal for negative stress and burden. In this lecture, we will take a look at some of the most useful resources on music therapy for kids and adults. With a range of exercises, activities, and kinds of music, the tools we will discuss can be a great start to uncovering the real benefits of music therapy on all levels.

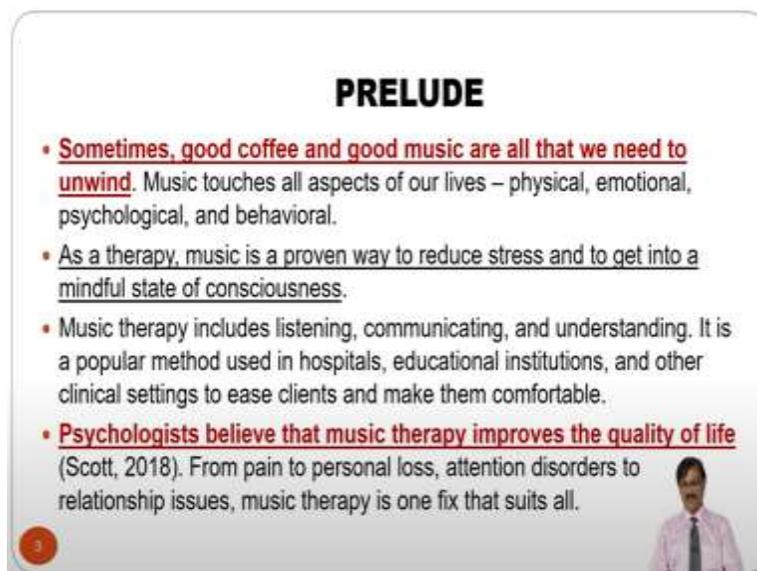
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Objective is basically to make you understand that music therapy stands undisputed as a heal for negative stress and burden.

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PRELUDE

- **Sometimes, good coffee and good music are all that we need to unwind.** Music touches all aspects of our lives – physical, emotional, psychological, and behavioral.
- **As a therapy, music is a proven way to reduce stress and to get into a mindful state of consciousness.**
- Music therapy includes listening, communicating, and understanding. It is a popular method used in hospitals, educational institutions, and other clinical settings to ease clients and make them comfortable.
- **Psychologists believe that music therapy improves the quality of life** (Scott, 2018). From pain to personal loss, attention disorders to relationship issues, music therapy is one fix that suits all.

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So first of all, we'll be talking about music therapy tools.

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Benefits of Music Therapy

Professor Suzanne Hanser of Berklee College of Music said that music therapy serves five significant purposes:

- Shifting one's attention from problems to solutions.
- Offering a rhythmic structure for relaxation and breathing.
- Helping clients visualize positive imagery that evokes pleasure and happiness.
- Helping them achieve a deep state of relaxation.
- Changing mood.



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What are Music Therapy Activities?

- Music therapy is an expressive art therapy. Whether you are writing a song, listening to it, or singing alongside – music therapy in any form requires some form of communication and expression.
- Music therapy is mostly conducted under supervision, where the therapist uses specialized tools or other mechanisms to implement the program successfully.
- For example, musical instruments like the guitar or piano are popular music therapy tools. Some forms of music therapy also involve imagery, where the therapist gently guides the client to imagine himself in a pleasant situation and plays soothing music to create the right ambiance for it.
- There are numerous tools and activities that music therapists use.



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MUSIC THERAPY TOOLS
1. Musical Instrument

- Clients love to hear their therapist play and sing along. Having a guitar, ukulele, keyboard, or harp, is excellent for brightening up the session. It brings in an immediate sense of joy and works brilliantly for youngsters in music therapy.

music heals

The slide features a drawing of a yellow guitar with a heart-shaped body and a black smiley face on it. The text 'music heals' is written in a cursive font across the guitar's body. In the bottom right corner of the slide, there is a small inset image of a man in a pink shirt and tie. A red circular icon with a white 'T' is in the bottom left corner.

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MUSIC THERAPY TOOLS
2. Speaker

- Playing music on a good speaker is ideal for group therapy. It creates a sense of liveliness and encourages clients to participate in the process. Besides, it also helps the therapist to make sure he is audible to all.



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MUSIC THERAPY TOOLS
3. Screen For Visual Activities

- When using visual imagery to accompany the music, therapists often keep a tablet or other devices to project the image on the screen. Besides keeping clients engaged throughout the session, visual tools act as a catalyst in enhancing the positive impact of music on our mind.



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MUSIC THERAPY TOOLS
4. Paper And Pen

- Many music therapists keep pen and paper for recording and managing feedback. It is also used in songwriting activities or sentence completion games where the clients express themselves through words.



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PART: II
Music Therapy Techniques



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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.



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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 imaginary, exchanging the information through music.

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1. DRUMMING...

- Drumming is an excellent music tool for inducing light-hearted fun, positive addiction, and unhindered engagement. Scientists believe that drumming activities increase cellular activity that helps the body fight against neurological and endocrinological disorders.
- Besides improving bodily functions, drumming also has a positive social connotation and brings people together as part of a group.
- There are no rules in drumming interventions. Clients are free to choose their way and play the instrument as they like.



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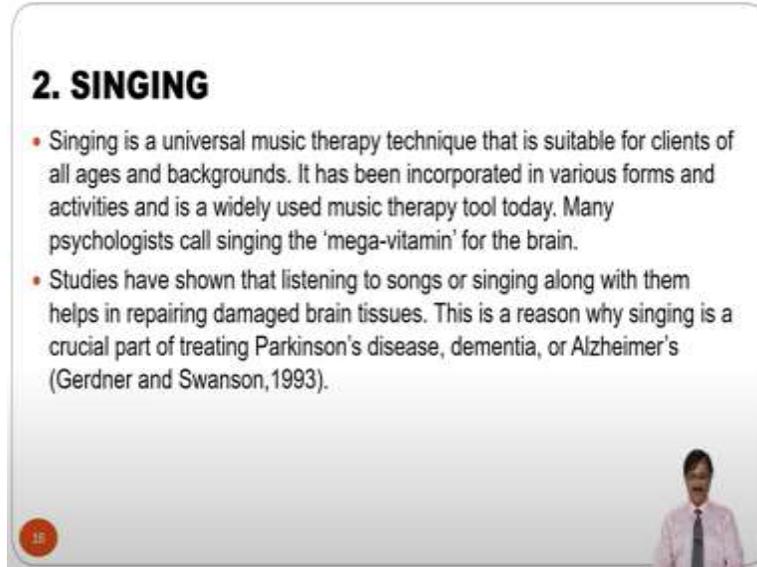
DRUMMING
Immediate Benefits of Drumming

Rick Allen, a famous drummer and the founder of the Raven Drum Foundation, suggested that some immediate benefits of drumming include:

- Reduction of stress, trauma, and anxiety.
- Controlling symptoms of chronic pain.
- Revitalizing the immune system.
- Creating a sense of social connection.
- Emotional catharsis or release of bottled-up anger and aggression.
- Providing scope for self-realization and introspection.

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2. SINGING

- Singing is a universal music therapy technique that is suitable for clients of all ages and backgrounds. It has been incorporated in various forms and activities and is a widely used music therapy tool today. Many psychologists call singing the 'mega-vitamin' for the brain.
- Studies have shown that listening to songs or singing along with them helps in repairing damaged brain tissues. This is a reason why singing is a crucial part of treating Parkinson's disease, dementia, or Alzheimer's (Gerdner and Swanson, 1993).

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3. VIBRO-ACOUSTIC THERAPY

- Vibro-Acoustic Therapy or VAT is a scientific approach of combining low-frequency vibrations with the resonations of slow-paced music. The International Society of VAT mentioned that 'sound waves helps in circulating positive energy throughout the body.' It activates the body and allows it to use the inbuilt repair mechanisms to calm the mind and body.

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Music Therapy in Action...

- Another prominent example of a real-life application of music therapy is in autism treatment. Autistic children, who have impaired social and cognitive abilities, respond prominently better to musical stimuli than other modes of communication. It captures their attention and sustains it for a longer duration.
- Studies have also shown that teaching differently-abled children daily duties through musical actions helps in imprinting the information permanently and internalizing the information sooner.

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Music Therapy Activities and Exercises

- Music therapy research is at its peak, and many effective musical interventions and strategies are uniquely designed to suit our purposes. Below is a list of popular music therapy group activities and other interventions that you might want to know about.

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1. Music Bingo

- Music Bingo is a cognitive music activity that improves memory and reality orientation. It is a preferred method for adult interventions and is often used in association with other forms of therapy to improve mental health.
- The activity involves making cards where each participant draws a song, and others sing it after guessing the name right. It can be played in pairs or as a group, and works great for people with poor memory skills.

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2. Music Relaxation

- Music relaxation is a well-known music therapy for mindfulness and meditation. The primary purpose of music relaxation is to induce a calm state where the mind can relax, and the muscles can loosen up to shed the pent-up stress.
- Music relaxation is a vital component in many yoga retreats, where instructors moderate the room lights and minimize any external distraction before playing the tune. It is also a great way to unwind ourselves every day and helps improve emotional resilience over time.

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3. Music Selection

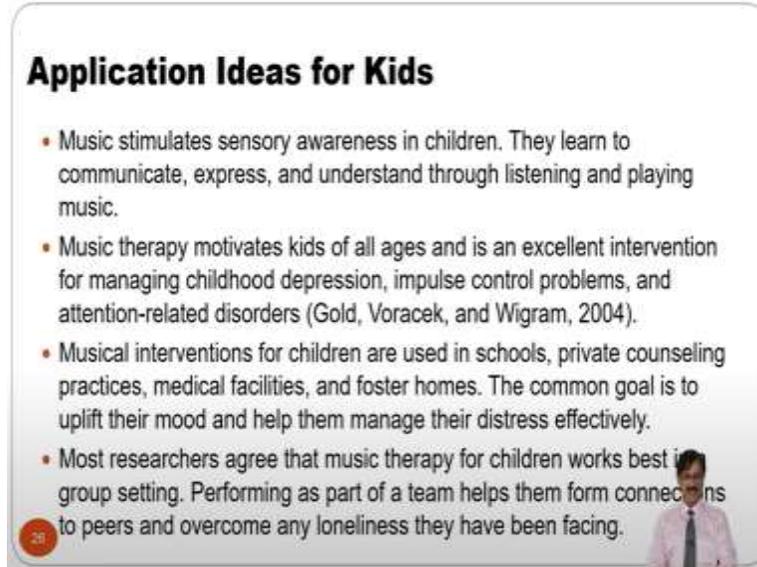
- Music selection is used for adolescents or clients with disturbances in emotional and self-regulation. The process involves letting clients choose a piece of music that they are familiar with. Self-selected pieces of music evoke emotions and bring back memories that might be associated with it.
- Music selection often accompanies guided visual imagery where the therapist urges the client to imagine himself in a pleasant environment while the music continues to play in the background. It is a meditative practice that induces ultimate self-awareness and acceptance.



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Application Ideas for Kids

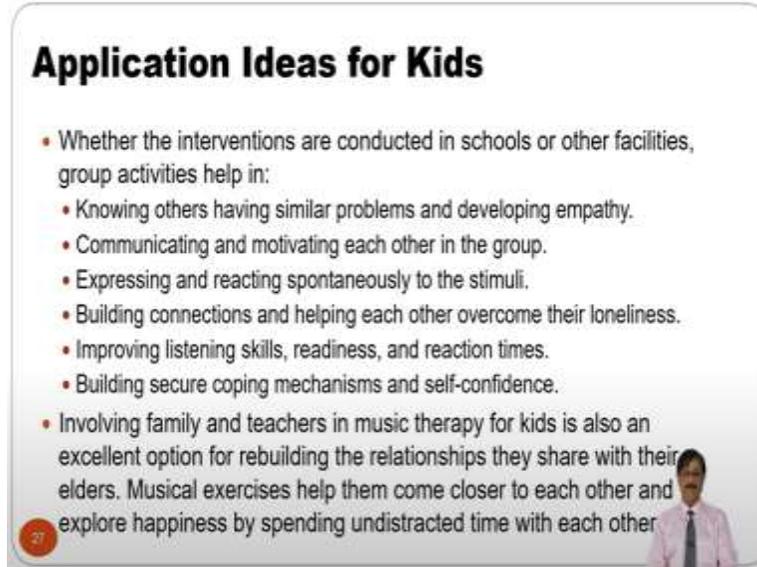
- Music stimulates sensory awareness in children. They learn to communicate, express, and understand through listening and playing music.
- Music therapy motivates kids of all ages and is an excellent intervention for managing childhood depression, impulse control problems, and attention-related disorders (Gold, Voracek, and Wigram, 2004).
- Musical interventions for children are used in schools, private counseling practices, medical facilities, and foster homes. The common goal is to uplift their mood and help them manage their distress effectively.
- Most researchers agree that music therapy for children works best in a group setting. Performing as part of a team helps them form connections to peers and overcome any loneliness they have been facing.

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Application Ideas for Kids

- Whether the interventions are conducted in schools or other facilities, group activities help in:
 - Knowing others having similar problems and developing empathy.
 - Communicating and motivating each other in the group.
 - Expressing and reacting spontaneously to the stimuli.
 - Building connections and helping each other overcome their loneliness.
 - Improving listening skills, readiness, and reaction times.
 - Building secure coping mechanisms and self-confidence.
- Involving family and teachers in music therapy for kids is also an excellent option for rebuilding the relationships they share with their elders. Musical exercises help them come closer to each other and explore happiness by spending undistracted time with each other.

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A Take-Home Message

- Music reduces pain and brings us closer to ourselves. It is one of the best remedies for beating stress and loneliness, and also gives us the strength to face and express the strong emotions that guide most of our actions.
- Using music as a relaxation technique, individual, or group intervention can bring desired changes in terms of cardiac functioning, blood pressure levels, and overall body functions. Whether you are an active listener or an active performer, music, in any form, will change your life for the better.

As Jean Richter said, and we all at some levels would agree to it:
“Music is moonlight in the gloomy nights of our lives”.

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Using music as a relaxation technique, individual or group intervention can bring desired changes in terms of cardiac functioning, blood pressure levels and overall body functions. Whether you are an active listener or an active performer, music in any form will change your life for the better. As Jean Richter said that we all at some level would agree to it, music is moonlight in the gloomy nights of our lives. Thank you.