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MUSIC- So Much More Than Entertainment- Enriching the Lives of Older Adults

by Kathy Purcell, MT-BC and MTA therapists

Enjoyment of music is just the beginning! This presentation will inspire and equip participants to enrich their Adult Day Services Center programming by educating them about the benefits of music and music therapy. Participants will gain knowledge of the profession of music therapy and how and when the services of a music therapist are recommended.

Through drumming, body percussion, instrument playing, singing, songwriting and moving to music, participants will gain firsthand experience of the benefits of music therapy and how the power of music can enrich everyone's life- particularly the lives of older adults.

After participating in this workshop, conference participants will be able to:

- Recognize the effectiveness and benefits of music (listening/playing/creating/singing)
- Define music therapy and understand the qualifications of a music therapist
- Recognize areas of functioning addressed by music therapy
- Describe 6 things clients and music therapists do in a music therapy session
- List 5 musical and 5 non-musical supplies used in music therapy sessions
- Identify ways in which music and music therapy benefits Older Adults
- Identify resources and providers of music therapy and music services

Agenda:

Introduction- lecture/info

Experiential #1

Lecture/info

Experiential #2

Lecture/info

Experiential #3

Lecture/info

Experiential #4

Questions/Conclusion

(Lecture/info is planned for approximately 1/3 of the time allotted. The length of time for each experiential will vary based on the interest/involvement of the participants.)

References:

Jacobsen, Jörn-Henrik; Stelzer, Johannes; Fritz, Thomas Hans; Chételat, Gael; La Joie, Renaud; Turner, Robert (1 August, 2015) "Why musical memory can be preserved in advanced Alzheimer's disease." *Brain*, Volume 138, Issue 8, pages 2438-2450

Baker, Felicity A. and Phoebe A Stretton-Smith. "Group Therapeutic Songwriting and Dementia: Exploring the Perspectives of Participants through Interpretative Phenomenological Analysis". *Music Therapy Perspectives*, Volume 36, Issue 9, April 2018, Page 50-66

Tomaino, Concetta. "How Music Can Reach The Silenced Brain." *Cerebrum* Tuesday, 1, Jan 2002. pp1-10 www.Dana.org/Cerebrum/Default.aspx?id=39218

McDermott, Orii, Hanne Mette Ridder, Felicity Anne Baker, Thomas Wosch, Kendra Ray and Brynjulf Stige. "Indirect Music Therapy Practice and Skill-Sharing in Dementia Care." *Journal of Music Therapy*, Volume 55, Issue 3, 8 September 2018. Pages 255-279.

Ray, KD, and E. Götell. "The Use of Music and Music Therapy in Ameliorating Depression Symptoms and Improving Well-Being for Nursing Home Residents with Dementia." U.S. National Library of Medicine, National Institutes of Health, 9 Oct 2018. Doi: 10.3389/fmed

Handouts:

<https://musictherapyassociates.com/galleries/550335/mta-resources>

<https://musictherapyassociates.com/galleries/554135/mta-older-adult-brochure>