

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

Presented by:

Kathy Purcell, MT-BC
(Music Therapist- Board Certified)

Scott Berdux, MA, MT-BC
(Music Therapist- Board Certified)





Music Therapy is....

According to the American Music Therapy Association:

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.

According to Kathy at Music Therapy Associates:

The use of a specifically designed musical interventions and the relationship between the client and therapist to achieve goals that are not necessarily music related



History of Music Therapy

Music has been shown to have a positive effect on both physical and mental health since ancient times

Following WWI, individuals reported that soldiers would respond to music when other types of therapies were unsuccessful

History continued....

The National Association of
Music Therapy was founded
in 1950

The American Association for
Music Therapy was founded
in 1975

The American Music Therapy Association
was founded in 1998

There are 8,000 music therapists in the USA

Qualifications

Board certified music therapists must...

- Obtain a Bachelor's, Master's or Doctorate in MT
- Complete an internship (6-9 months)
- Pass the Certified-Board Exam

To maintain certification,...

- Complete at least 100 credits every 5 years
- Pay \$\$
- Participate in audit (if selected)

What do music therapists do?

Design effective musical interventions that address group and individual goals by using...

- Singing
- Song Writing
- Movement
- Lyric analysis
- Listening
- Instrument playing

Areas of functioning addressed

- Communication
- Cognition
- Motor
- Socialization
- Emotion
- Others: decrease anxiety, pain—lessen medication, encourage self-expression, physical rehabilitation, positive mood changing, **FUN!**

Who do we work with?

All ages and abilities from infants to older adults!

Individuals diagnosed with...

1. Brain injuries
2. Acute/chronic pain
3. Mental health needs
4. Physical disabilities
5. Substance abuse conditions
6. Developmental/learning disabilities
7. Dementia and other aging related conditions

How can music therapy help?

It can be used to ...

Improve:

1. Coordination
2. Eye contact
3. On task behavior

Decrease:

1. Hyperactivity
2. Stress/anxiety
3. Problem behavior

Increase:

1. Verbal Communication
2. Problem Solving Skills
3. Body Awareness

Provide:

1. Recreation
2. Empowerment
3. FUN!

What Do Clients Do?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



Experiential



Rhythm

Activity



PROCESS---

What

--goals were addressed?

--materials and supplies used?

--were the benefits?

What materials and supplies do we use?

Common/novel musical instruments:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Non-musical instruments:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Experiential

Singing and

Movement



Activity



The background of the slide is a light cream color, densely populated with various musical symbols. These include treble clefs, eighth notes, quarter notes, and sixteenth notes in a variety of colors such as blue, green, yellow, pink, and purple. The symbols are scattered across the entire page, creating a musical theme.

PROCESS---

What

--goals were addressed?

--materials and supplies used?

--were the benefits?

How is this funded?

--*Private Pay*

--*Grants*

--*Insurance*

--*FSS/FDSS funding*

--*Waiver funding (PFDS,
Consolidated, Community Living)*

Resources

www.Musictherapy.org

www.CBMT.org

www.MusicTherapyAssociates.com

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Questions?

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Thank you!

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