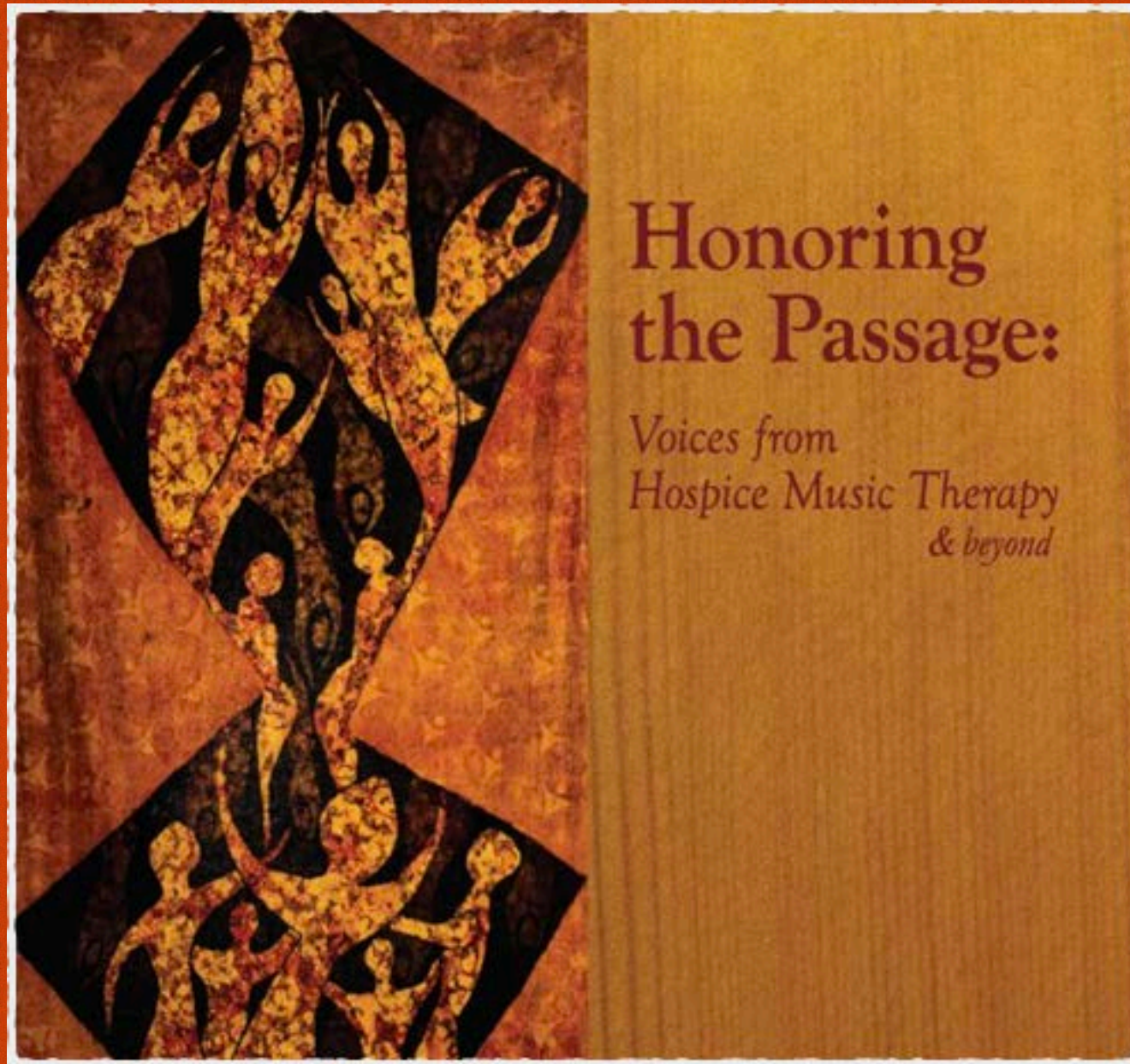


The setting sun,  
and music at the close,  
As the last taste of sweets, is sweetest last

— William Shakespeare





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Carolyn Koebel, CD Baby



# Integrating Music Therapy into Palliative and Hospice Care, Alleviating Distress and Improving Comfort

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Jennifer K. DeBedout, MM, MT-BC







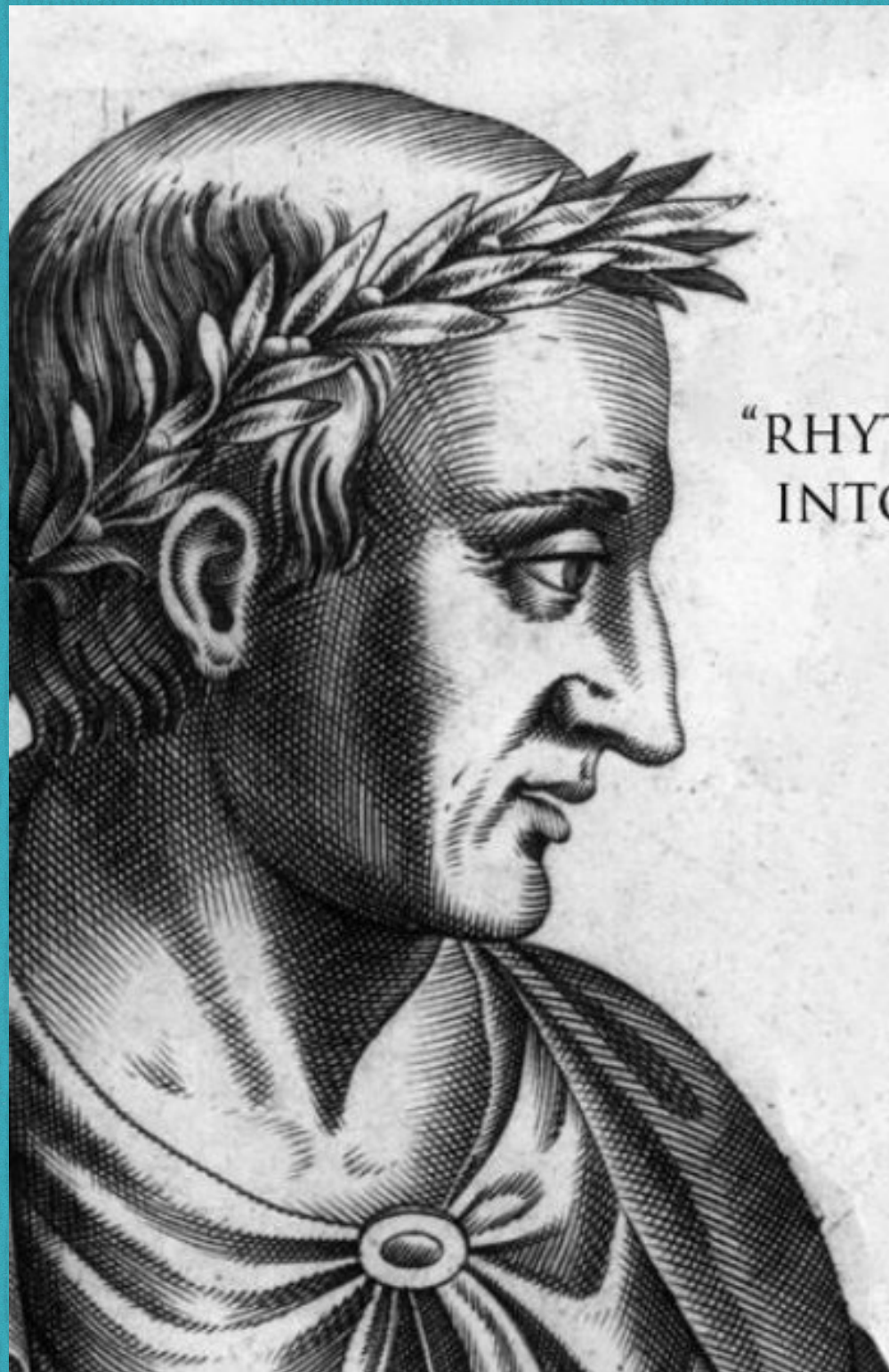
## Center for Music Therapy in End of Life Care











“RHYTHM AND HARMONY FIND THEIR WAY  
INTO THE INWARD PLACES OF THE SOUL.”

- PLATO



# History of Music Therapy



- Music as healing goes back to Aristotle and Plato
- Began after World War I and World War II when community musicians went to Veterans to play for veterans suffering both physical and emotional trauma from the wars.
- It became evident that the hospital musicians needed some prior training before entering the facility
- Michigan State University established the first academic program in music therapy (1944)

# Music Therapy

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- 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.
- Degree program, clinical internship (averaging 1040 hours) and successful passing of the CBMT examination



# Music in Healing

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- ❑ Harp Therapy
- ❑ Certified Music Practitioner
- ❑ Music Thanatologist
- ❑ Sound Healer
- ❑ Music Volunteer (s)



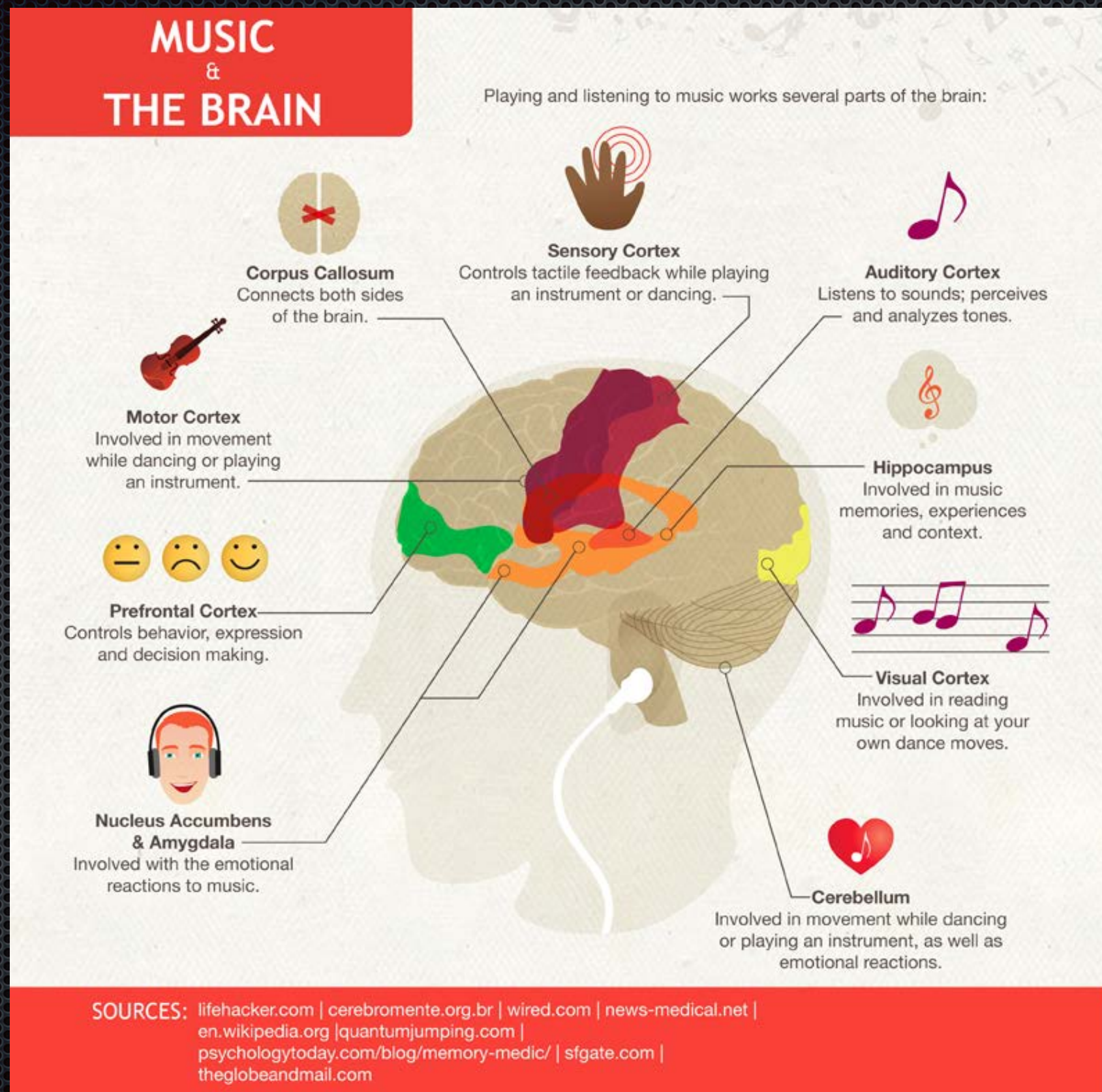
# Complimentary Therapies

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- ☐ Massage therapy
- ☐ Art Therapy
- ☐ Movement Therapy
- ☐ Play Therapy
- ☐ Aromatherapy
- ☐ Reflexology



# Music and Neuroscience





**“Musical memory is considered to be partly independent from other memory systems. In Alzheimer’s disease and different types of dementia, musical memory is surprisingly robust, and likewise for brain lesions affecting other kinds of memory.”**

**Jacobsen et al., Why musical memory can be preserved in advanced Alzheimer’s disease. *Brain*, Volume 138, Issue 8, 1 August 2015, Pages 2438–2450**



**Music Therapy in**  
**Palliative and Hospice Care:**  
**Meeting physical, emotional and spiritual needs:**

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- ❑ Reduce physical symptoms of pain & agitation
- ❑ Address and alleviate feelings of depression, fear, isolation, disorientation, confusion, anxiety, loss of control, loss of independence and loneliness
- ❑ Address anticipatory grief and bereavement
- ❑ Support spiritual beliefs and practices
- ❑ Improve quality of life, elevate mood



- Provide emotional support to families
- Provide opportunities for meaningful interactions among family members
- Create a legacy
- Inspire life review
- Discover meaning from the dying process





**“Music therapy is a creative and innovative way to meet the multidimensional needs of terminally ill patients and their loved ones, and can address their spiritual and existential concerns.”**

**–Dr. Russell Hilliard**

**Hilliard, RE. Music therapy in hospice and palliative care: a review of the empirical data. *Evidence Based Complementary Alternative Medicine*, 2005;2(2):173-178.**





music is  
what feelings  
sound like

- **Independent Musical Choices**
  - \*Patient Preferred Music\**
- **Lyric Analysis**
  - **Songwriting**
- **Music Assisted/Focused Relaxation**
  - **Music Prompted Reminiscence**
- **Music and Imagery**
- **Movement to Music**
- **Instrument play and improvisation**
- **Therapeutic Drumming**



# “Grief Bird”

I saw the grief bird from my  
window

I saw him sitting in a tree  
I saw the grief bird from my  
window

And he's looking back at me

Grief bird, grief bird  
Don't you have some place to go  
Grief bird, grief bird  
I just miss her so





**“In both palliative and cancer care, singing client-preferred music and singing for relaxation were the most frequently used interventions. ....Seven themes emerged...containing the space, connection, soothing, identity, freeing the voice within, letting go and honoring.”**

**Clements-Cortes, A. (2017). Singing and vocal interventions in palliative and cancer care. *Journal of Music Therapy*, 54 (3), 336-361.**



# **Vermont Pediatric Palliative Care Program (PPCP)**

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- ❑ **Medicaid program for medically eligible children living with life threatening illness**
- ❑ **Part of Children with Special Health Needs**



**The Pediatric Palliative Care program is made up of five main services available to a child and family:**

- Care Coordination – Someone to help make, and put into place, a family-centered care plan**
- Family/Caregiver Training – Training to family members and caregivers about how to provide complex care**
- Expressive Therapies – Certified art, music, play, dance/movement or child life specialist to help the child and family members creatively express themselves**
- Skilled Respite – Short term relief for caregiver relatives provided by a nurse based on medical need**
- Family Grief Support/Bereavement Counseling – Counseling for the family to help during the child's life and for up to six months in the event the child passes away**



**“Parents described music therapy as resulting in physical improvements of their child by providing comfort and stimulation.”**

Lindenfelser, K., Hense, C., & McFerran, K.  
Music therapy in pediatric palliative care: family-centered care to enhance quality of life. *American Journal of Hospice & Palliative Care*.  
2012; 29(3):219–226.





# The Little Dragon

sung to the tune of "Angel of Montgomery"

vs. 1

There was a little dragon  
Cute as can be  
Everybody loved him  
Especially his Dad and Mommy

He had special wings  
That rolled on the ground  
He loved to "ROAR!"  
with the biggest sound!

vs. 2

He needed help to  
Make his fireball  
He needed a machine  
That he didn't like at all  
  
He'd hold Mommy's hand  
And Daddy's hand too  
He'd be so brave  
Until the machine was through



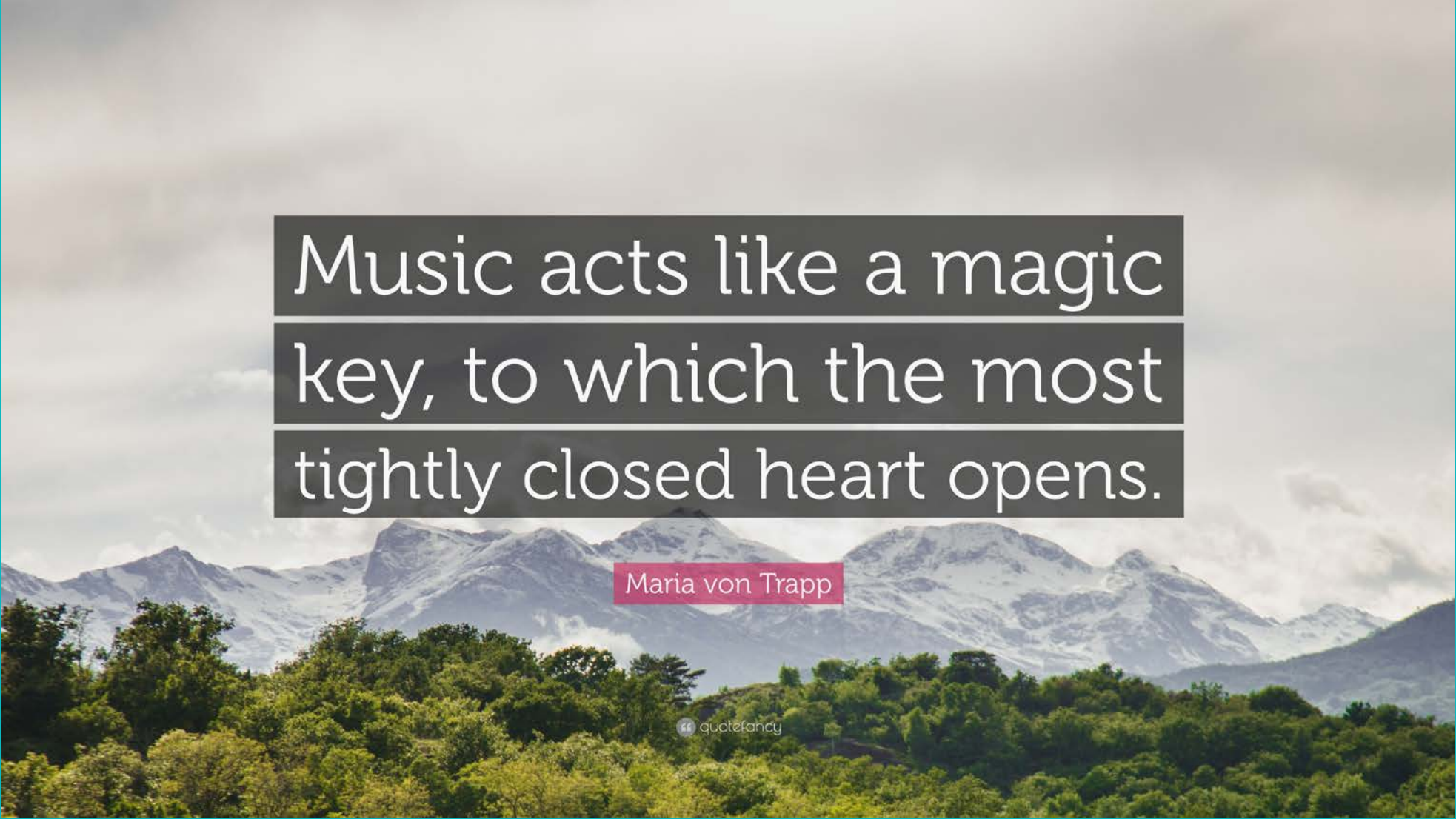
Chorus:

That little dragon  
Would fly to the sky  
That little dragon  
Would fly up high  
He'd blow fire  
And then he'd "ROAR!"  
That little dragon would soar,  
soar, soar









Music acts like a magic  
key, to which the most  
tightly closed heart opens.

Maria von Trapp

quote fancy





# Thank You

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