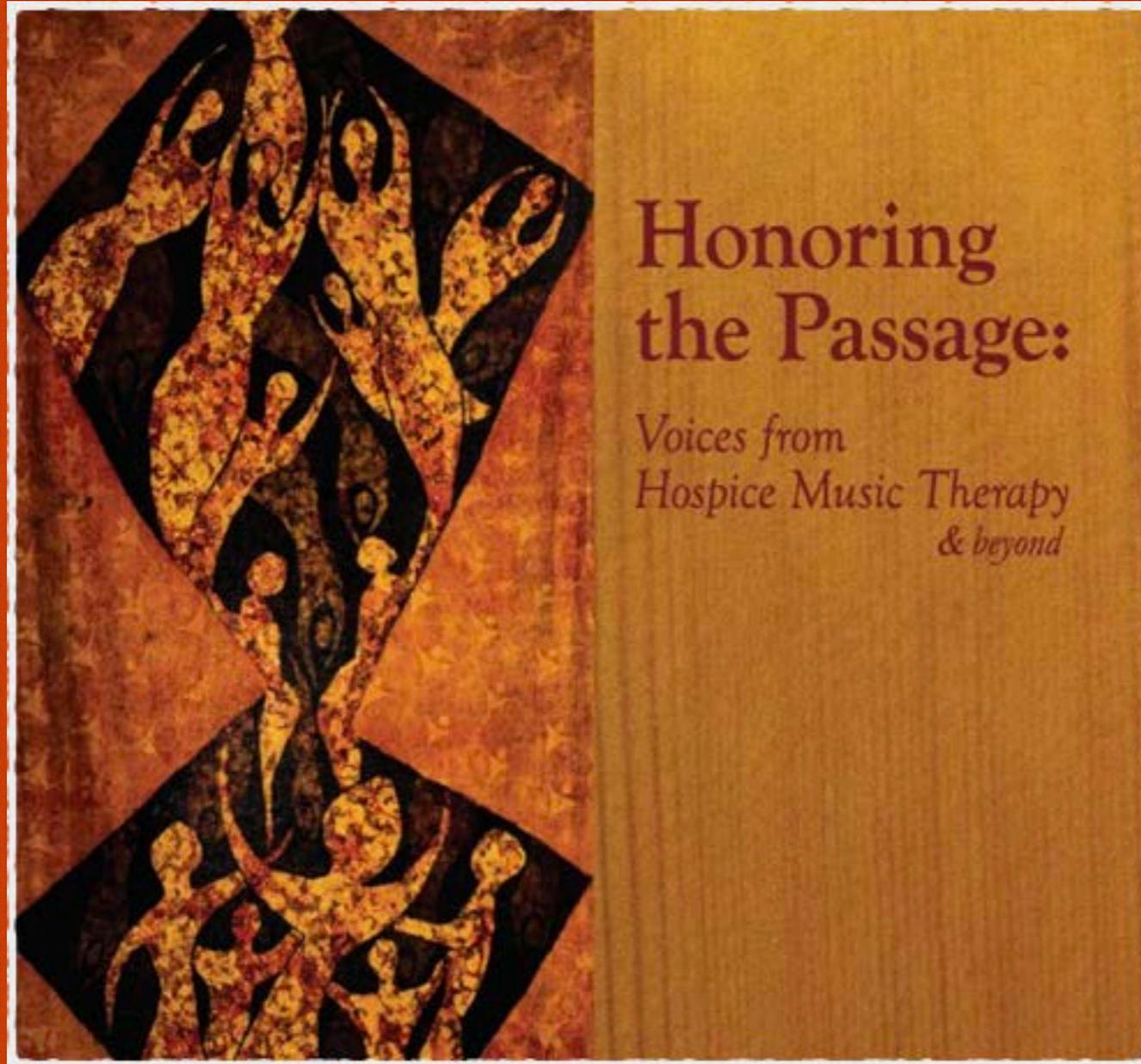


The setting sun,
and music at the close,
As the last taste of sweets, is sweetest last

– William Shakespere



Carolyn Koebel, CD Baby

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

Jennifer K. DeBedout, MM, MT-BC

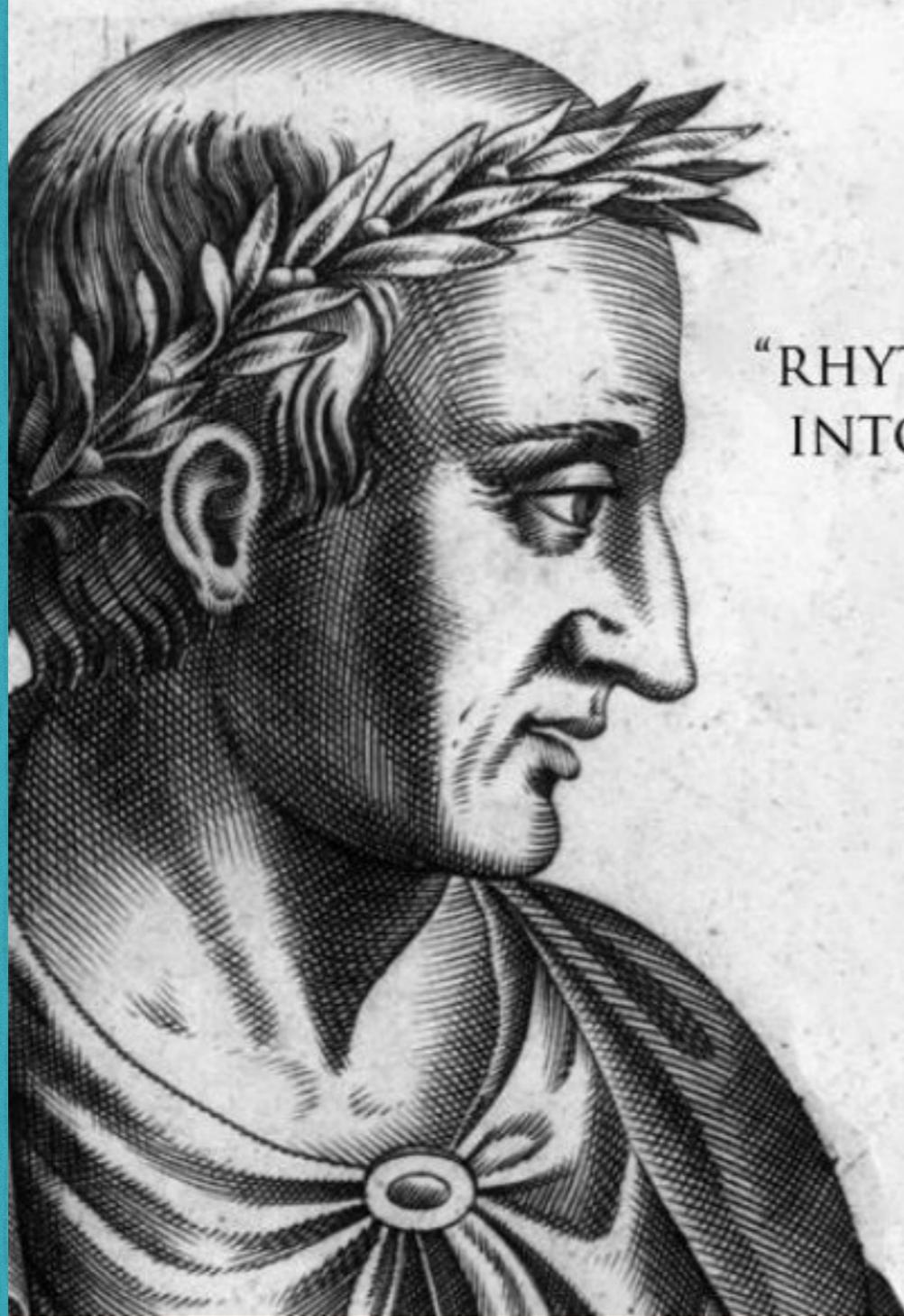




Center for Music Therapy
in End of Life Care







“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

- 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

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

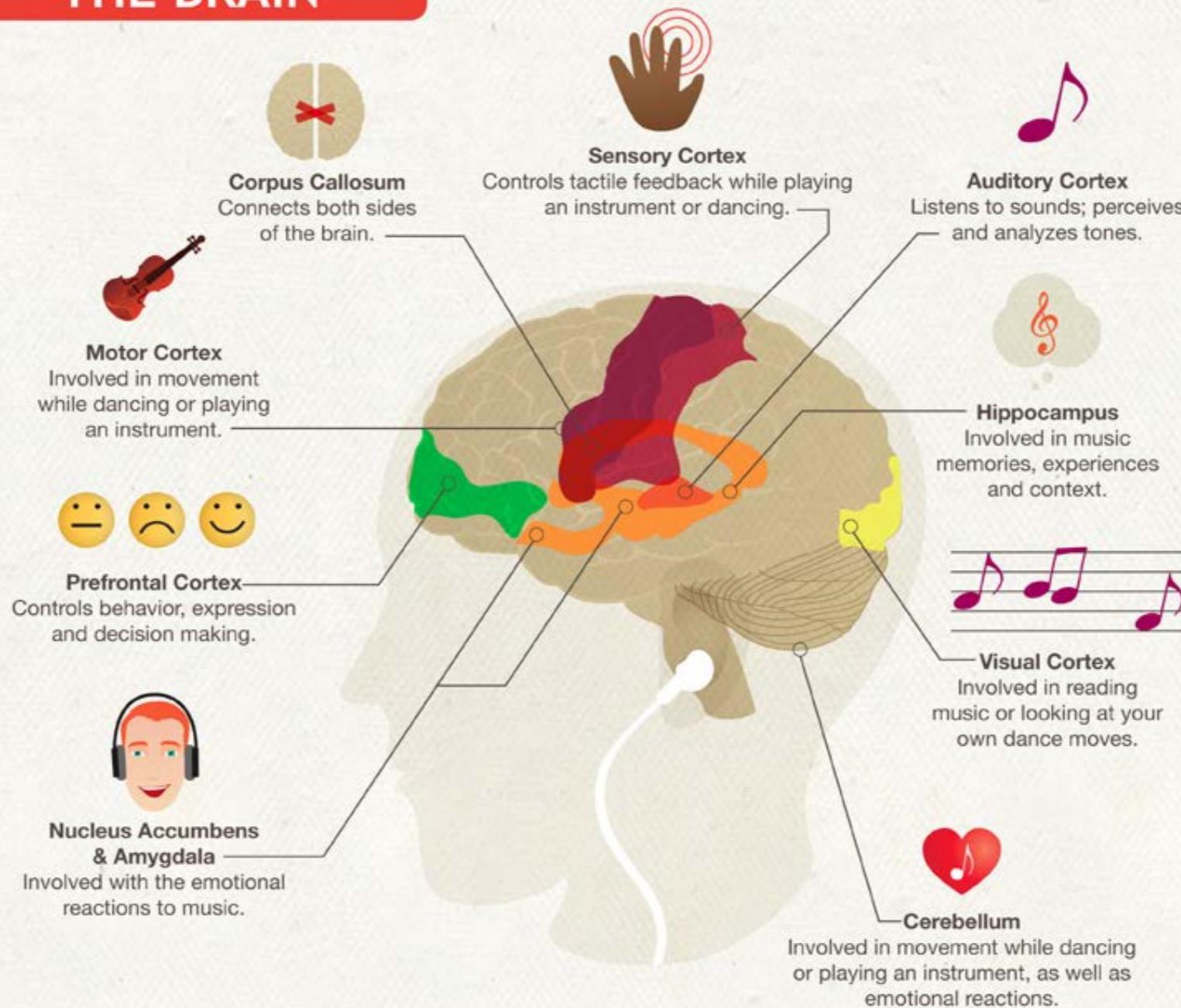
Complimentary Therapies

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

Music and Neuroscience

MUSIC & THE BRAIN

Playing and listening to music works several parts of the brain:



SOURCES: lifehacker.com | cerebromente.org.br | wired.com | news-medical.net | en.wikipedia.org | quantumjumping.com | psychologytoday.com/blog/memory-medic/ | sfgate.com | theglobeandmail.com

“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:

- 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)

- **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

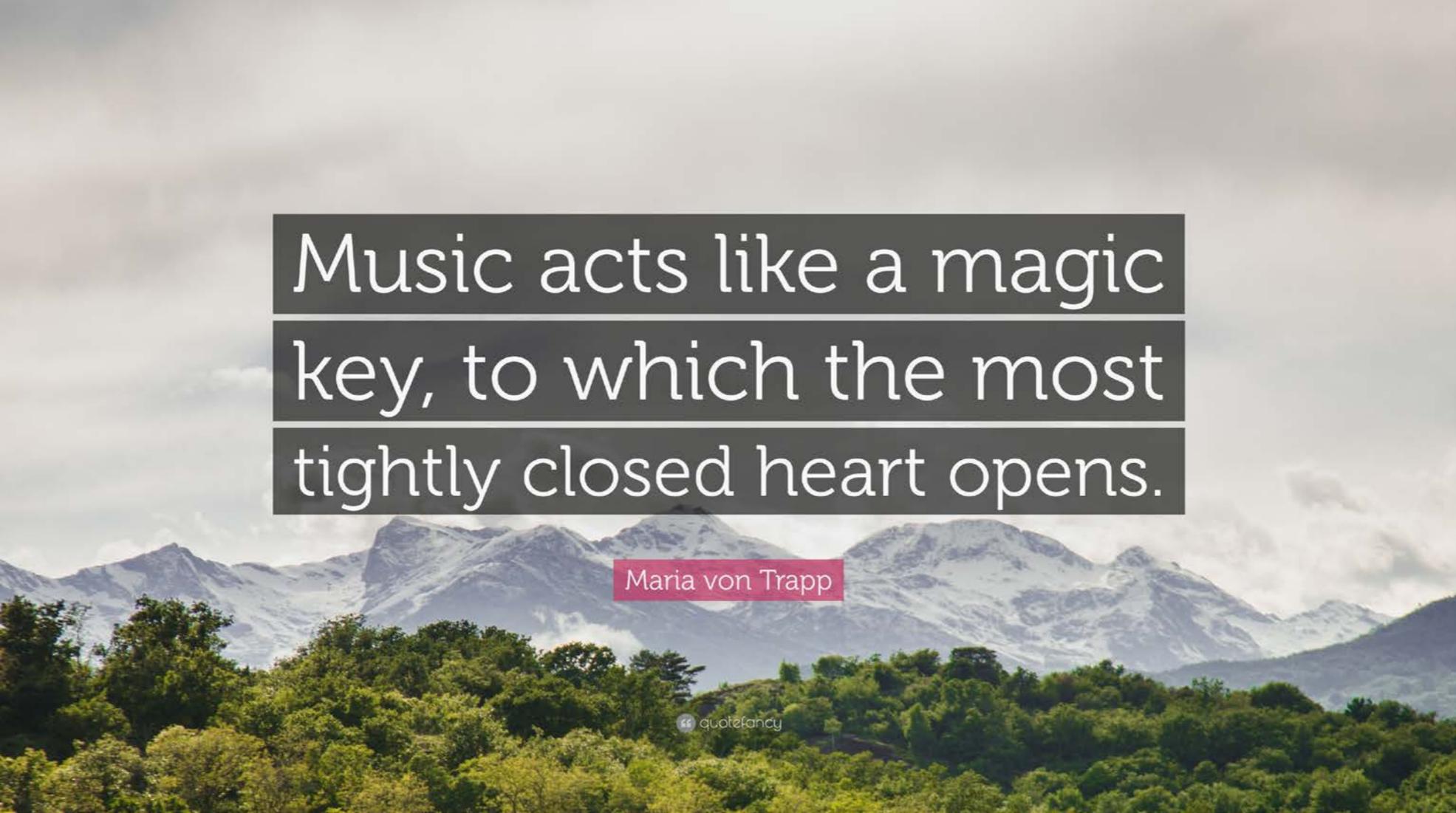
He'd hold Mommy's hand
And Daddy's hand too
He'd be so brave
Until the machine was through



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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