

HOW TO RECEIVE MUSIC THERAPY SERVICES

At this time, Music Therapy is offered to patients receiving Palliative Care services. Requests may be made to your palliative care nurse or doctor.

To contact Music Therapy directly, call 364-7200, ext. 57241.

ADDITIONAL RESOURCES

Sparrow Health System

www.sparrow.org

American Music Therapy
Association

www.musictherapy.org

National Hospice and Palliative
Care Organization

www.nho.org

Sparrow Health System
1215 E. Michigan Ave.
Lansing, MI 48909
517.364.2050

[*www.sparrow.org*](http://www.sparrow.org)

SPARROW PALLIATIVE CARE

Music Therapy



MUSIC THERAPY

WHAT IS MUSIC THERAPY?

The American Music Therapy Association (AMTA) defines Music Therapy as an “established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages.”

Music Therapy began in the late 1940s with WWII veterans in the VA Hospitals. Now, Music Therapists can be found in hospices, schools, hospitals, nursing homes, rehab facilities, and correctional institutions.

Music Therapists hold Bachelor’s degrees from accredited colleges and are board certified. The AMTA is responsible for setting educational standards, standards of practice, and codes of ethics.

WHAT DO MUSIC THERAPISTS DO?

Music Therapists assess and design sessions for client based on their needs. The session may include: singing, improvisation, listening, song writing, lyric discussion, or music performance.

MUSIC THERAPY IN PALLIATIVE CARE

Music is used as a therapy along with standard medical treatments. The Music Therapist works with the members of the Palliative Care team to reduce the symptoms of illnesses and enhance the quality of life for patients and families. Music Therapy can work towards these goals through the following ways:

- Assist in pain management with relaxation techniques
- Assist in reducing agitation and restlessness
- Reduce isolation
- Provide emotional support
- Reduce stress and anxiety
- Provide means of connection, communication, and social interactions
- Facilitate spirituality
- Reduce depression and anxiety
- Provide emotional outlet

NOT JUST FOR PATIENTS

Palliative care strives to treat the whole patient, which extends to the family and caregivers as well. Music Therapy offers services to family and caregivers by encouraging those present to participate in Music Therapy sessions. This allows opportunities for connecting, as well as providing an emotional outlet for all involved.

This time can be stressful for caregivers and family members as well. Music Therapy services offers *relaxation sessions* to both patients and family members. This is a tool that can help to reduce stress and anxiety during this time. Relaxation techniques include:

- Deep Breathing
- Progressive Muscle Relaxation
- Guided Imagery
- Autogenics (Focuses on self-guided physiological changes)