“The Power of Music for the Heart and Soul”

Autism Society of the Bluegrass
Cardinal Hill Rehabilitation Hospital
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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.”
What Is Music Therapy?

• Clinical and evidence-based use of music interventions

• Accomplishes individualized goals within a therapeutic relationship

• Performed by a credentialed professional who has completed an approved music therapy program
Music Therapy – A Systematic Process

- Referral
- Assessment
- Planning
- Documentation
Where Do Music Therapists Work?

- Schools
- Psychiatric facilities
- Youth centers
- Hospitals
- Nursing homes
- Private practice
- Hospice
- Intermediate care centers
- Adult day centers
• After completing coursework and over 2,000 hours of supervised clinical contact, the music therapist may sit for the national board certification exam.

• Board certification must be maintained by continuing education or re-examination every 5 years.
Basic Music Therapy Interventions

• Lyric Reading/ Analysis/ Discussion
• Dancing/ Rhythmic Movement
• Music Relaxation
• Vocalizations/Verbalizations (expressive speech)
• Song Writing
• Personal Recording
• Drum Work
• Breath Work
• Making Music Choices
• Singing/ Instrumental Playing/ Improvisation
Music for Cognitive Needs
• Organization of thoughts

• Processed in both hemispheres of the brain

• Provides concrete, multi-sensory stimulation
Music For Emotional Regulation

- Isolation
- Loneliness
- Depression
- Anxiety
- Fear
- Confusion
Anger

“Unhappy Baker” →
Music For Communication

• Expression

Vocalization

Verbalization
• Receptive
• Non-verbal
Music for Social Skills and Interaction

- Eye Contact
- Sharing
- Listening
- Asking about other’s thoughts and feelings
• Behaviors
Music Activities
-can involve individuals or groups

• **Singing**
• **Playing Instruments** (keyboard, guitar, hand drums, hand instruments, etc.)
• **Playing recorded music** (CD’s, MP3 players)
• **Song Writing** – (simple or complex)
• **Read/Sing**
• **Relaxation Time** (bed/bath/beyond) 😊
- **Dancing/ Rhythmic Movement**
  - (egg shakers either professional models from West Music, or handmade from Easter eggs, colored electrical tape, and dried split peas)
  - or with scarfs
Music Resources:

• Music Therapy Educational Children’s Songs/Autism Resources
  listenlearnmusic.com

• Coast Music Therapy – Music Therapy and Autism Resources
  www.coastmusictherapy.com

• West Music – Musical Instruments and Materials
  www.westmusic.com

• Music is Elementary - Musical Instruments and Materials
  www.musiciselementary.com

• Oriental Trading Company – Musical Materials
  www.OrientalTrading.com

• Lyons - Musical Instruments and Materials
  www.4lyons.com

• Music in Motion – Musical Instruments and Materials
  www.musicmotion.com

• Rhythm Band Instruments, LLC – “Whack-a-Doodle-Doo vol. 1”
  www.boomwhackers.com