



MINNESOTA GERONTOLOGICAL SOCIETY

FREE WEBINAR
January 14, 2020
12:00 - 1:00 pm

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Sing Me a Memory: Music Therapy in Eldercare

By: Michelle Sieben Doree, MT-BC
(Music Therapist - Board Certified)

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SING ME A MEMORY: MUSIC THERAPY IN ELDERCARE

Michelle Sieben Doree, MT-BC (Music Therapist – Board Certified)

SELF INTRODUCTION



- Education from St. Catherine University and Augsburg University.
- Board Certified in 2010
- Neurologic Music Therapy Training in 2011
- Employed as a Music Therapist in 3 Long Term Care facilities over past 10 years.
- Past-President, Music Therapy Association of MN
- Secretary of Online Conference for Music Therapy
- Pre-internship and internship supervisor

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What is your current knowledge level of music therapy?

POLL

- I know or have worked with a music therapist in the past and I feel like I have a good understanding of it.
- I have heard about it and I think I know what it is.
- That's where you put headphones on patients with dementia right? I'm not sure I know what MT is.
- I do not know anything about music therapy.

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OBJECTIVES

- Define music therapy and review the required training for a music therapist
- Describe passive and active music therapy techniques and goals these techniques address within the eldercare setting.
- Identify the difference between music therapy provided by a music therapist and music being used therapeutically in other manners.
- Discuss ways non-music therapists can incorporate music in therapeutic ways for their patients and loved ones.

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WHAT IS MUSIC THERAPY?



- 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."

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WHAT TRAINING OR QUALIFICATIONS DO YOU NEED AS A MUSIC THERAPIST?



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WHY IS MUSIC THERAPY IMPORTANT IN ELDERCARE?

What goals might music therapy be addressing with elders?

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POLL

Everyone likes music,
so music therapy is
appropriate for
everyone.

- True
- False

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RECEPTIVE METHODS AND PASSIVE MUSIC THERAPY TECHNIQUES



- Music and Relaxation
 - Guided Imagery in Music
- Music Listening
 - Live music listening
 - Recorded music listening
 - Personalized Playlists and Music and Memory programs
- Lyric Analysis

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ACTIVE MUSIC THERAPY METHODS AND TECHNIQUES



- Compositional
 - Songwriting
- Re-creative
 - Vocal
 - Instrumental
 - Performance Groups
- Musical Games
- Music and Movement
- Improvisation

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POLL

All music interactions that make someone feel better are music therapy.

- True
- False

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BLURRED LINES: MUSIC THERAPY AND THERAPEUTIC MUSIC

Music Therapists do not exclusively own music. Many music activities may provide therapeutic benefits.

Some things you can do as a non-music therapist that still engages your friend, relative, patient, client in a therapeutic way.

- Singing
- Music Listening
- Get moving and make it fun!

BUT - stay attentive to how the person is responding to the music

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TESTIMONIALS AND PERSONAL ANECDOTES



Mary Harwell, Age 99
Alzheimer's Disease

"Music is my old friend that never leaves me lonely."
"Music gives my life purpose."

- Mariann and the Jug Band Jamboree kazoo solo
- Giving Ronald some control
- Connecting the oldest to the youngest – a Hospice interaction
- Quotes from Choir Members

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QUESTIONS?



For More Information:

- American Music Therapy Association: www.musictherapy.org
- Music Therapy Association of MN:
 - www.musictherapymn.com
- Contact me: mcsieben@gmail.com

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Questions or Comments:

contact info@mngero.org

Next Webinar: February 12, Noon - 1:00 pm

**The Juniper Network: Improving Health and
Strengthening Communities Throughout
Minnesota**

By: Sarah Shepherd, MPH, Program Director, MAAA
Georgia Lane, Program Developer, Juniper Network