Sing Me a Memory: Music Therapy in Eldercare

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

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

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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

POLL

What is your current knowledge level of music therapy?

- 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.
OBJECTIVES

• Define music therapy and review the required training for a music therapist

• Identify the difference between music therapy provided by a music therapist and music being used therapeutically in other manners.

• Describe passive and active music therapy techniques and goals these techniques address within the eldercare setting.

• Discuss ways non-music therapists can incorporate music in therapeutic ways for their patients and loved ones.

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

WHY IS MUSIC THERAPY IMPORTANT IN ELDERCARE?

What goals might music therapy be addressing with elders?
Everyone likes music, so music therapy is appropriate for everyone.

- True
- False

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
ACTIVE MUSIC THERAPY METHODS AND TECHNIQUES

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

POLL

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

• True
• False
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.

TESTIMONIALS AND PERSONAL ANECDOTES

- 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

Mary Harwell, Age 99
Alzheimer’s Disease
“Music is my old friend that never leaves me lonely.”
“Music gives my life purpose.”
QUESTIONS?

For More Information:
- American Music Therapy Association: [www.musictherapy.org](http://www.musictherapy.org)
- Music Therapy Association of MN: [www.musictherapymn.com](http://www.musictherapymn.com)
- Contact me: mcsieben@gmail.com

REFERENCES

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