Music Therapy

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Music Therapy

● “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”

● Addresses physical, emotional, cognitive, and social needs

● Can be singing, creating, or listening to music
  ○ These can vary based off strengths and needs the qualified therapist sees in each individual
Music Therapy - History

- First recorded systematic experiment was in 1800s
- Recognized as a form of therapy since after WW2
  - Helped wounded veterans in their return home significantly
  - Led to a massive push to create an educational program for it
  - Michigan State had the first music therapy training program
- American Music Therapy Association (AMTA) formed in 1998 after a merge of two other music therapy programs
  - United the music therapy community
  - Serves as the official home for everything music therapy
- 96,000 facilities hosted music therapy services in 2017 according to American Music Therapy Association
Music Therapy - Benefits

- Who can it help?
- Over 1.6 million people receive music therapy every year in the US
  - Children & teens
  - Adults
    - Especially ones with substance abuse issues, any mental or physical disabilities, women in labor, & chronic pain
  - Elderly with mental health needs
Music Therapy - Science

Emotional Science

- Music has the ability to make you many different ways
  - Happy, sad, energized, relaxed, etc.
- Helps patient cope with struggles in their life
- Music releases mood enhancing chemicals as well
  - Dopamine - “feel good” chemical
  - Endorphins - able to give someone a happy state of mind
A Closer Look at How Music Therapy Works

- Music occupies the mind with something familiar—decreasing levels of anxiety.
- Music alters patterns of pain, depression, and disability.
- Music acts as a distractor, just as friends help you become distracted from negative thoughts.
Music Therapy - Science

Physical Science

● Lowers blood pressure through relaxing rhythms

● Increases and decreases heart rate (depending on the song)

● Helps a patient recover quicker and reduces pain felt
  ○ Music releases endorphins (acts as a pain blocker), immunoglobulin A (strengthens immune system), and cortisol (eases stress)
Music Therapy - Science

- Helps people with Parkinson's build strength
  - Improves muscles for swallowing and respiratory control
- Slow classical and jazz music helps prevent seizures for people with epilepsy
  - Temporal lobe brain waves sync with music, which is where seizures start
- Has positive effects of patients with Alzheimer's as well
  - Strengthens focus, ability to communicate, and lowers dependence on prescribed medication
Music Therapy - Benefits

- An individual's therapeutic needs are often met and strengthened
  - Can transfer over to other aspects of life as well
- Overall physical rehabilitation
- Increased motivation to become much more proactive within treatment
- Outlet to help express emotions, thoughts, and feelings
- Reduces stress and anxiety as well as depression
- Improves mood
Music Therapy in the Bloomington Area

Stearns Music Therapy
January 13 at 6:15 PM

We are open for the new year. Come on by! Every Tuesday!

1240 E. Miller Dr. Bloomington, IN 47401
812.822.1217
www.betterdaybloomington.com
Our Experience: Jake

I try to use music therapy when I am under stress for exams. For example, I had a law exam on February 6th and was under a lot of stress the week leading up to the exam. I decided to play the “Lo-fi” playlist from Spotify which is meant to help you concentrate. Before studying and listening to music, I took my bpm at 78 and took it once again after studying with the Spotify playlist on. The results were actually very surprising. My new bpm was only 64, even after studying for a very difficult test. I realized that music calms my nerves and makes me feel comfortable. If I can keep a low bpm, my heart will not need to work as hard.
Our Experience: Ryan

● When and where do I use Music Therapy?
  ○ Prior to studying for an exam or giving a presentation
  ○ Isolated in a quiet space

● Is it effective?
  ○ Personally, yes I have had good results with Music Therapy

● Do I recommend it?
  ○ I do recommend it to someone who is occasionally stressed about school work or presentations
    ■ Music works as a relaxant and the brain retains information better when it is relaxed
    making Music therapy effective for learning information or memorizing a presentation
Our Experience: Nate

● When Do I use it:
  ○ I use music therapy for all kinds of situations such as in the morning when I wake up to start my day, when I’m at the gym, when I’m studying, or pretty much any other time of day.

● Does it work?
  ○ Yes it does, music is a great way to put yourself in a better mood, and the type of music I listen to varies depending on the mood I am in or if I am stressed.
  ○ When I am stressed I like happier music such as the Beatles

● Should other people use it?
  ○ Yes I think that other people should be using music therapy to help cope with stress.
Our Experience: Hansang

I use music therapy to manage my stress, and this helps in several ways. Calm songs help me to concentrate more and to settle my mind. Also, lyrics in the songs encourage me when I have too much stress or concerned with many things. For example, "Happiness" by Ovan, I got to know this song when I had a hard time with my stress. I felt that the lyrics of this song was similar to my situation, and it helped me to get through with the stress. Not only the mood and rhythm of the song but also lyrics can help us to manage the stress.

https://youtu.be/qGh0jk-f6to  “Happiness”- Ovan
“Imagine” - John Lennon
“Fix You” - Coldplay
THANK YOU
Works Cited

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