

Sing Me A Song

Making the Connection with Music:

An overview of Music Therapy and how to effectively use music strategies to address common needs.

Presenter:
Robin Palmer Blue, M.A. Ed., BCBA, MT-BC
 Board Certified Behavior Analyst
 Music Therapist-Board Certified

Therapy Connections of South Texas
 Corpus Christi, TX
 361-814-2433

How Does Music Effect Us Everyday???

- ▣ Changes mood
- ▣ Focuses attention
- ▣ Elicits emotions
- ▣ Aids in expression of feelings
- ▣ Facilitates socialization

One common variable found in all cultures

RBLUE 2013

What is Music Therapy?



- ▣ Music therapy is defined as the prescribed therapeutic use of music by a qualified music therapist to elicit positive changes in the psychological, physical, cognitive, and/or social functioning for individuals with health or educational needs.
- *Simply put - music is used as a tool to reach non-musical goals.*
- ▣ Purpose - *nonmusical*
- ▣ Education/Training
- ▣ Certification - MT-BC
- ▣ Treatment – *individualized/client directed*
- ▣ Research/evidenced-based

Music Therapists use their training as musicians and clinicians to elicit changes in cognitive, physical, communication, social, and emotional skills.

RBLUE 2013

So WHY does MUSIC make a difference????

...the brain is the target organ for sensory input & the mediator of messages which result in physical, emotional and spiritual well-being.

Music...
a window to the brain

RBLUE 2013

Music and the Brain

- Participation in music, whether receptive or expressive in nature, activates a wide range of specific and identifiable physiological processes in the human body
 - music stimulates bilateral and global cerebral activity - **WHOLE BRAIN**
- Musically activated neurophysiological responses are observable, measurable, and predictable, thus affording selection of music activities having predetermined positive effects on the client
 - *Biomedical Foundations of Music as Therapy* - Dale Taylor, PhD (1997)

RBLUE 2013

Music and Development

Music - a WHOLE BRAIN experience

- in turn music stimulates all the senses and involves the child at many different levels
 - provides a great sensory environment
 - language development
 - fun learning experience
 - learn through play/social interaction - medium of music allows play/interaction to occur naturally and frequently

RBLUE 2013

Music and Cognition

The "Alphabet Song"

- an example of a mnemonic device that sets the letters of the alphabet sequentially to the tune of "Twinkle, Twinkle Little Star."
- This technique of teaching and learning
 - assists the brain in performing the memory components of cognition
 - provides important cues for recall or recognition of similarly presented stimuli on subsequent occasions.

RBLUE 2013

Music is a Powerful Tool...

- Music Therapy Strategies/Interventions can be implemented to:

- Facilitate and support the desire to communicate
- Break patterns of isolation and engage the individual in external experiences
- Decrease stereotyped/self-stimulatory behaviors and impulsivity
- Teach social skills
- Facilitate learning
- Provide a safe and predictable environment
- Increase impulse control
- Increase attention to task - all about motivation

RBLUE 2013

Everyday strategies...

- ▣ Passive versus Active
 - Music used as a reinforcer versus activity itself being reinforcing
- ▣ Transition/Cue Songs
 - Piggyback songs
 - Hello & Goodbye songs
 - Anticipating and planning ahead
 - *Clean-up, waiting,*
- ▣ Learning – put it to MUSIC
 - Folder Activities
 - Singsong – Call & Response
 - Sequential memory and recall

RBLUE 2013

I GOT RHYTHM!!!!

Rhythm Internalization - *ability to feel and follow the beat*

Those who are able to internalize rhythm tend to develop better focus and attention as well as better motor planning and coordination.

Rhythmic pattern is one of the most important elements in pacing the learning of spoken language.

RBLUE 2013

Other things to consider....

- ▣ Vestibular
 - Let's Get Moving
- ▣ Visual
 - use visual aids
- ▣ Auditory
 - be aware of proximity to music source
- ▣ SING
 - vocal activities and the production of nonsense sounds and imitation of sounds tend to organize language articulation, breath control and auditory discrimination.

RBLUE 2013

*Music Therapy can make the difference
between withdrawal and awareness,
between isolation and interaction,
between chronic pain and comfort,
between demoralization and dignity.*

-Barbara Crowe

**When words fail...
MUSIC speaks**

Hans Christian Anderson

For more information:

📠 Robin Palmer Blue, M.A. Ed., BCBA, MT-BC
361-815-2433
E-mail: therapyconnections@att.net
web site:
www.therapyconnectionsofsouthtexas.com

📠 American Music Therapy Association -
www.musictherapy.org

RBLUE 2013
