

Music Therapy and ABI

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What is Music Therapy?

Music therapy is the skilful use of music and musical elements to promote, maintain, and restore mental, physical, emotional, and spiritual health. Music has non-verbal, creative, structural, and emotional qualities. These are used in the therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication and personal development.

Canadian Association for Music Therapy



In other words.....

Music therapy uses music and its characteristics to work on functional, non-musical goals.

Because of music's neural stimulus of the brain, it can be used with individuals who have experienced ABI to work towards a variety of goals areas.



Music Therapy is a research and evidence based practice.

Music therapists have a minimum of 4 year university degree and may have Masters or PhD in music therapy.

Music therapists must complete a 1000 hour internship to receive accreditation status with the Canadian Association of Music Therapy.



Goal Areas

Music Therapy may be used to address goals in the following areas

1. Speech/Language
2. Motor Skills
3. Cognition
4. Psychosocial



Goal Area: Speech

Goals:

- A. Stimulation of Vocalization
- B. Stimulation of Words
- C. Stimulation of Vocal Mechanisms/ Oral Motor
- D. Breathe Support



Goal Area: Speech

Music Therapy Techniques Used:

1. Free Vocalization

Stimulation of vocalization only, no words

Uses music to cue and support vocalization



Goal Area: Speech

Music Therapy Technique Used:

2. Vocal Exercises

Target phonics

Target oral motor



Goal Area: Speech

Music Therapy Techniques:

3. Singing or Use of Lyrics

Fill-in-the-blank

Goal may be target phonic, word, oral motor, or vocalization response.



Goal Area: Speech

Oral Motor Stimulation:

1. Can reduce drooling
2. Can improve swallowing
3. Improve Tongue, lip, and jaw movement

Goal Area: Speech

Vocalization stimulation can improve breathe support.

This in turn improves dynamic level of vocalization and length of vocalization



Goal Area: Motor Skills

1. Movement
2. Range of Motion
 - A. Awareness of
 - B. Execution of



Goal Area: Motor Skills

Music Therapy Techniques:

1. Free improvisation with instruments
2. Directed playing with improvised accompaniment
3. Music to cue and support movement



Celina



Goal Area: Cognition

Goals:

Executive Function:

- A. Initiation and Ending
- B. Decision Making
- C. Turn taking
- D. Attention (various)
- E. Sequencing of Events
- F. Memory



Goal Area: Cognition

Music Therapy Techniques:

1. Free Improvization
 - *What to play, How to play, When to play*
 - Attention
2. Composing
3. Listening Activities
4. Therapeutic Music Education (TME)



Kalob

I am a miracle, a superstar

I am a miracle, a superstar,

So many people love me a lot,

And I am healing Wonderful!



Goal Area: Psycho-social

Goals:

1. Empowerment
2. Non-verbal self-expression
3. Non-verbal dialogue
4. Social Interaction
5. Affect Arousal
6. Cathartic Release



Goal Area: Psycho-social

Music Therapy Techniques:

1. Instrument Playing
2. Vocalization or Singing
3. Composition



Goal Area: Psycho-social

Creating and engaging within music provides the client with the opportunity to be expressive.

This allows the client to “feel heard”.

Feeling heard = validation



Summary

Music therapy can be used to address goals in the following areas:

1. Speech/ Language
2. Motor Skills
3. Cognition
4. Psychosocial



Music Therapy uses a variety of techniques that can be individualized to the client's level of ability and goal areas.



Conclusion

Music Therapy is an effective, holistic intervention for use with individuals who have experienced Acquired Brain Injury.



Thank-you

Thank you for your interest in music therapy.

For more information about music therapy or on how to find a qualified music therapist, please feel free to contact me.

Cheryl Jones MMT, NMT-F, MTA

Ottawa, Ontario

www.conbriomusictherapy.com

