

Music Therapy and Chromosome 18q Syndromes

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What is Music Therapy?

- * 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.
- * Music therapy interventions can be designed to:
 - * Promote Wellness
 - * Manage Stress
 - * Alleviate Pain
 - * Express Feelings
 - * Enhance Memory
 - * Improve Communication
 - * Promote Physical Rehabilitation
- * Research in music therapy supports its effectiveness in a wide variety of healthcare and educational settings. (AMTA)

Where You'll Find MT-BCs

- Abused
- AIDS
- Alzheimer's geriatrics
- Autism spectrum
- Behavior disorders
- Developmentally disabled
- Eating disorders
- Forensics
- Head injuries/gait disorders
- Hearing impaired
- Learning disabled
- Medical/surgical
- Mental health
- Non-disabled
- Neurologically impaired
- Speech impaired
- PTSD
- Substance abuse
- Visually impaired
- Stroke
- Community based service
- Correctional Facilities
- Drug/alcohol programs
- Group homes
- Geriatric Facilities
- Hospitals
- Schools
- Private Practice
- Research Center

Process of Music Therapy

- * Referral
- * Intake interview
- * Assessment - IMTAP (adapted) and SEMTAP (Special Education)
- * Treatment Plan
- * Treatment
- * Evaluation
- * Termination

Areas of Functioning

- * Cognitive
- * Communication
- * Sensory, gross, and fine motor
- * Socio-emotional, behavioral
- * Quality of Life

Music as a Therapeutic Tool

- * Social experience
- * Cultural experience
- * Active or passive
- * Motivating and fun
- * Connected to memories and emotions

MT and Cognition

- * Learning through songs
- * IEP goals/objectives
- * Repetition and structure
- * Awareness of others, time, body in space

Experience

Music provides structure for language; repetitive; familiar

“Brown Eyed Girl”

MT & Communication

- * MIT - Melodic Intonation Therapy
- * Repetition
- * Exaggerated enunciations
- * Processed in both sides of the brain

MT & Motor Functioning

- * Gross Motor - gait training, RAS
- * Fine Motor - playing instruments; tactile stimulation
- * Sensory - vestibular, proprioceptive

MT & Emotions/Mental Health & Quality of Life

- * Non-verbal outlet
- * Social experience
- * Connected to emotions
- * Motivator
- * Engaging

Experience

Song writing - Feelings

“Changes Song”

Funding for MT

- * Waiver programs
- * Insurance
- * Private pay
- * Grants - LISS

Questions and Discussion

Thank you for your time and attention