



Living Spirit Therapy Services, LLC Also Provides Music Therapy Services For:

- Hospice and palliative care
- Medical and neurologic issues
- Seniors
- Adult wellness
- Children and adults with developmental disabilities
- Mental health

PROVIDING:

Group and Individual Music Therapy Services

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***Music Therapy
In Hospice &
Palliative Care***

What is Music Therapy?

- Music therapy is an evidence-based allied health service similar to physical therapy, occupational therapy, and speech-language pathology
- Music therapy uses music as the therapeutic tool to address nonmusical change
- Music therapy can address physical, cognitive, social, emotional, psychological, spiritual, and/or behavioral needs



What are some benefits of music therapy?

Physical:

- Decrease pain, tension, and shortness of breath
- Increase comfort/relaxation
- Decrease nausea and vomiting

Cognitive:

- Heighten cognitive ability
- Increase sensory stimulation
- Facilitate reminiscence

Emotional, Spiritual, and Psychosocial

- Improve mood and affect
- Provide emotional and spiritual support
- Structure social interaction
- Increase opportunities for personal choice and successful opportunities
- Decrease fear and anxiety
- Increase interest, esteem, and coping ability
- Increase self-expression
- Increase satisfaction with life and sense of belonging

What are some music therapy interventions used in hospice and palliative care?

- Song Selection/Dedication
- Music Listening
- Music Facilitated Reminiscence/Life Review
- Music Assisted Relaxation and Pain Management
- Creation/Discussion of Music Legacy
- Guided Relaxation
- Validation of Spiritual Beliefs
- Validation of Heritage
- Funeral Planning
- Songwriting/Composition
- Lyric Analysis
- Entrainment
- Playing Instruments
- Improvisation
- Mood Vectoring
- Music and Movement
- Music Discussion/Education
- Iso Principle

The role of the music therapist is to:

- Identify client and family needs
- Determine how music therapy can complement and enhance the work of other members of the treatment team
- Determine which aspects of music facilitate the desired outcomes
- Systematically apply the appropriate music therapy interventions to achieve the desired outcomes

How are music therapy sessions structured?

- Sessions may vary in structure depending on immediate needs
- The music therapist will conduct ongoing assessments of immediate client and family needs during each intervention, with modifications made as needed
- Family, friends, and members of the interdisciplinary team are welcome to join visits