

# EMBRACE Your Journey

## Music Therapy

**Music Therapy** is defined by the American Music Therapy Association as, “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” (AMTA, 2013).

Music therapists use music to meet the psychological, physical, emotional, spiritual, and social needs of patients and their families. In the cancer treatment center, music therapy may involve (but is not limited to) music listening, improvisation, singing, songwriting, music playing, and music listening and imagery for relaxation.

While this section is not a replacement for music therapy with a credentialed professional, this section will:

- Introduce you to the potentially beneficial effects of music in the hospital setting.
- Help you identify songs that reflect your emotional experience.
- Participate in a simple songwriting activity for self-expression.



# EMBRACE Your Journey

## Music Therapy

### Check your Music Therapy knowledge:

- Check what you know about music therapy before you review this section.
- When you are done with this section, please take this same test again. You will find a second copy and answers at the end of this section.
- You will then be able to compare your answers and see how much you have learned.

**Directions:** Please select the answer (True or False) which you believe to be correct.

	True	False
1. Music Therapy can help decrease blood pressure.	T	F
2. A Music Therapist is a person who shows up with an iPod and tells you what songs you should listen to.	T	F
3. Music Therapy can be facilitated by anyone.	T	F
4. Music Therapy can help address the physiological, physical, and social/emotional needs of patients and their families.	T	F
5. You have to be a musician to benefit from Music Therapy.	T	F



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## Music Therapy

### What are the benefits of music therapy in the hospital?

The many benefits of music therapy include:

#### *Physiological*

- Changing heart rate depending on patient needs
- Decreasing blood pressure, body temperature, and respiration rate

#### *Physical*

- Stimulating conscious or unconscious body movements
- Distraction during invasive or noninvasive procedures

#### *Social/Emotional*

- Improving quality of life
- Decreasing feelings of isolation
- Providing an increased sense of control
- Encouraging emotional expression
- Providing the opportunity for patients and families to explore spiritual beliefs
- Addressing coping issues
- Promoting positive communication and memory sharing with caregivers and family
- Bringing people together, whether as a family or in the clinical setting

### What does a music therapist do?

Board-certified music therapists are trained to use a variety of musical experiences to create a therapeutic relationship with patients and families. Through discussion and observation with you and your caregivers, a music therapist will first assess your emotional well-being, physical health, social functioning, communication abilities, physiological responses, and cognitive skills. Your musical background and music preferences will be identified and used as a reference as the music therapist designs goals and interventions to meet your immediate need or for future sessions. However, you do not need to be a musician or have a musical background to benefit from music therapy services.

### This section has me interested in music therapy – what next?

A music therapist would be more than happy to meet you at your next appointment. Please contact a nurse in your specialty and request a music therapy assessment.



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## Music Therapy

These activities are intended to provide insight on the benefits of music therapy and to get you thinking about music in a therapeutic way. If you would like to discuss these activities, or any emotions that surface while completing these activities, please contact us at:

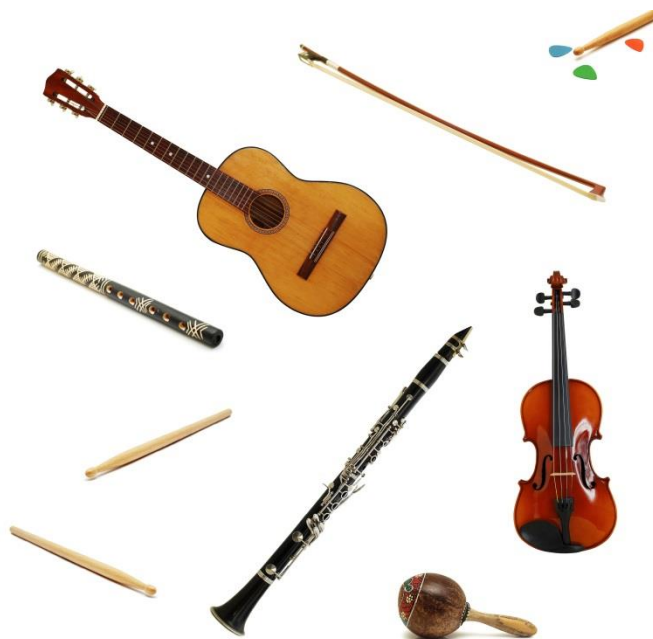
Christina Stock  
[Christina.Stock@UTSouthwestern.edu](mailto:Christina.Stock@UTSouthwestern.edu)

Katrina Tabinowski  
[Katrina.Tabinowski@UTSouthwestern.edu](mailto:Katrina.Tabinowski@UTSouthwestern.edu)

For more information about music therapy, please visit [www.musictherapy.org](http://www.musictherapy.org).

Additionally, should you have further questions or concerns, please feel free to contact:

Dr. Jeff Kendall, Psy.D  
Clinical Leader of the Supportive Services Program  
Simmons Cancer Center  
214-648-7412  
[Jeffrey.Kendall@UTSouthwestern.edu](mailto:Jeffrey.Kendall@UTSouthwestern.edu)



# EMBRACE Your Journey

## Music Therapy

Please list 3 songs based on each emotional experience listed below.

**PLEASE NOTE:** This activity is intended to be completed with a Music Therapist present. Should you feel the need to discuss this activity, or any emotions that surface while completing this activity, please contact a Music Therapist or Dr. Jeff Kendall immediately.

List 3 songs that make you feel **happy**.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 songs that make you feel **relaxed** or **calm**.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 songs that make you feel **energized** or make you want to **dance**.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 songs that make you feel **hopeful** or **peaceful**.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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Please list 3 songs based on each emotional experience listed below.

**PLEASE NOTE:** This activity is intended to be completed with a Music Therapist present. Should you feel the need to discuss this activity, or any emotions that surface while completing this activity, please contact a Music Therapist or Dr. Jeff Kendall immediately.

List 3 songs that make you feel **sad**.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 songs that make you **think about your journey**.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 songs that you would **dedicate to your caregivers** (i.e., family, friends, nurses, doctors, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 songs that make you **contemplate spirituality**.

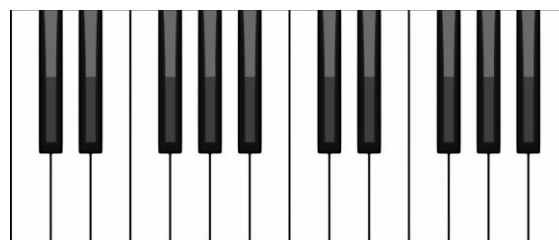
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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Below is a list of songs popularly utilized during various phases of treatment. Please note that while some people may benefit from listening to these songs, others may not. Please consult a Music Therapist for assistance.

Song Title	Artist	Year
Amazing Grace	Traditional Hymn	
Be Not Afraid	Bob Dufford	1975
Blowing in the Wind	Bob Dylan	1963
Bridge Over Troubled Water	Simon & Garfunkel	1969
Brown Eyed Girl	Van Morrison	1967
Climb Every Mountain	Rodgers & Hammerstein	1959
Crazy	Patsy Cline	1962
Fire and Rain	James Taylor	1970
Here Comes the Sun	The Beatles	1969
His Eye is on the Sparrow	Traditional Gospel	1905
I Can See Clearly Now	Johnny Nash	1972
I Hope You Dance	Lee Ann Womack	2000
I Will Survive	Gloria Gaynor	1978
If Tomorrow Never Comes	Garth Brooks	1989
Just a Closer Walk With Thee	Traditional Gospel	1941
Lean on Me	Bill Withers	1971
Let It Be	The Beatles	1970
Live Like You Were Dying	Tim McGraw	2004
Oh, What a Beautiful Mornin'	Rodgers & Hammerstein	1943
Old Time Rock and Roll	Jackson & Jones	1996
One Day at a Time	Marijohn Wilkin & Kris Kristofferson	1974
Precious Lord, Take My Hand	Traditional Gospel	1956
Sentimental Journey	Doris Day	1944
Shout to the Lord	Hillsong Music Australia	1993
Somewhere Over the Rainbow	Harold Arlen & E. Y. Harburg	1939
The Planets: Mars	Gustav Holst	1920
With a Little Help From My Friends	The Beatles	1967
You Raise Me Up	Josh Groban	2004
You'll Never Walk Alone	Rodgers & Hammerstein	1945
You've Got a Friend	Carole King	1971



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## Music Therapy

**Directions:** For this activity, fill in the blanks to create a song that relates to your experience.

Be \_\_\_\_\_

Based on "Be Ok" by Ingrid Michaelson

By: \_\_\_\_\_

I just want to be \_\_\_\_\_, be \_\_\_\_\_, be \_\_\_\_\_

I just want to be \_\_\_\_\_ today  
(Repeat)

I just want to feel \_\_\_\_\_, feel \_\_\_\_\_, feel \_\_\_\_\_

I just want to feel \_\_\_\_\_  
(Repeat)

Open me up and you will see

I'm a \_\_\_\_\_

I'm worth it because \_\_\_\_\_

Just give me back my \_\_\_\_\_

So I'm \_\_\_\_\_ today, \_\_\_\_\_ today, \_\_\_\_\_ today

So I'm \_\_\_\_\_ today  
(Repeat)





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## Music Therapy

**Directions:** For this activity, fill in the blanks to create a song that relates to your experience.

“I’ve Got A Friend”  
Based on “You’ve Got A Friend” by James Taylor

By: \_\_\_\_\_

When I’m \_\_\_\_\_ and \_\_\_\_\_ and I need \_\_\_\_\_

And nothing, no nothing is going \_\_\_\_\_

I just \_\_\_\_\_ and \_\_\_\_\_

and soon \_\_\_\_\_ will be \_\_\_\_\_

To \_\_\_\_\_ even your \_\_\_\_\_

I just \_\_\_\_\_ and I know \_\_\_\_\_

You’ll \_\_\_\_\_ to \_\_\_\_\_

Winter, Spring, Summer or Fall, all I have to do is \_\_\_\_\_

And you’ll \_\_\_\_\_

I’ve got a friend.

If the \_\_\_\_\_ should \_\_\_\_\_

And that \_\_\_\_\_

I’ll keep my \_\_\_\_\_ and \_\_\_\_\_

Soon you’ll be \_\_\_\_\_



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## Music Therapy

**Test your Music Therapy knowledge:**

- See what you have learned about music therapy
- Answers are provided at the end of this section

**Directions:** Please select the answer (True or False) which you believe to be correct.

	True	False
1. Music Therapy can help decrease blood pressure.	T	F
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5. You have to be a musician to benefit from Music Therapy.	T	F



**Directions:** Compare your test answers to the correct answers listed below:

1. T
2. F
3. F
4. T
5. F