

Music Therapy for Wellness

8 week virtual series

Introduction and Rationale

The purpose of this proposal is to provide initial ideas for a Music Therapy for Community Wellness virtual 8-week program to be utilized by hospital community members as well as hospitalized inpatients, outpatients and staff. When encountered with situations that prevent expressive therapists from facilitating large groups directly, it is imperative to adapt our methods and procedures to continue to provide quality care and support to those who need it and this includes wellness strategies for our community members.

The following pages will detail music therapy interventions and resources that have been adapted to serve the greater community virtually via audio and video recordings and live sessions accessible via phone, smart phone, computer, or tablet depending on need for specific offerings.

The main priority for these virtual community initiatives is to ensure all who are interested continue to receive support during times of increased stress and uncertainty. Music therapists will provide quality programming by assuring a professional UH appearance and utilizing branded logs and formats provided by Samaritan marketing groups. Whenever possible or requested, the therapist will send resources or products from each session to the respective individual's email account for future reference or use. This way, the interventions can continue to positively impact the individual community member and their wellness beyond each session.

Key Factors

- Branding for each video (UH made introduction)(lower thirds)(running UH logo)
- Recorded and edited professionally (held in E Main auditorium)
- Recorded video intro
- Scripts for each session using ipad teleprompter
- Partner with a local music store for instruments?
- Marketing
 - Use of Samaritan marketing team

- o Samaritan FB group
- o Email staff
- o Email past music therapy community program participants
- o Email community agencies whom I've collaborated with in the past to send out to their members

Other Benefits

- Could be used at other community hospitals
- Helps MTs who are facing low census inpatient status
- May take some time before we can safely hold community groups
- This could continue past COVID restrictions to benefit of larger reach (including those who can't physically attend to a group or can't make the scheduled time)
- Staff could participate
- Could offer to inpatients during an uptick of COVID cases if we have to pull back out of in person visits

8-Week Program

Wellness Educational Program	Platform
Relaxation, Meditation and Imagery	Pre Recorded and uploaded to YouTube
Using Your Voice	
Moving to Music	
Therapeutic Songwriting	
Music in Everyday Life	
Learning to play an instrument	
Recreational Music Making	
Therapeutic Drumming	

Experiential Programs (During the weeks of Wellness Program)	Platforms
Relaxation, Meditation & Imagery 1. Body Scan 2. Guided Imagery	YouTube Live or Zoom
Using Your Voice 1. Singing songs 2. Chanting Mantras 3. Humming and Vocal Toning	
Moving to Music 1. Yoga-like stretches to music 2. Self-massage to music 3. Drums Alive (with royalty free music)	
Therapeutic Songwriting 1. Lyric substitution 2. Lyric writing 3. Music to Lyrics	
Music in Everyday Life 1. Intentional music listening 2. Creating therapeutic playlists	

Learning to play an instrument 1. Easy Instruments to Learn 2. Uke Workshop	
Recreational Music Making 1. Making music together 2. Improvisation	
Therapeutic Drumming 1. World Drums and Lesson 2. Drumming together	

Additional Educational Programs	Platform
Stress Management with Music	Prerecorded and uploaded to YouTube
Coping Using Music	
Music for Pain Management	
Use of music for caregivers	
Music for Emotions and Moods	
What is Music Therapy	
Other Instrument Workshops	
Harmonica for Respiratory Health	

Wellness Sessions

(20-30 minutes)

- Will record video on Thursday, edit and assemble video, market via email on Friday and release to the community the following Monday.
- Intro segment -
 - Short definition of MT and therapist
 - Brief explanation of specific hospital program
 - Intro to theme of the session
- Intro “theme”
- Session - include “homework” and resources
- Outro segment
 - Thanking “sponsors”
 - Info about experientials coming up during the week
 - Topic of next wellness session and date/time of release

Experiential Sessions (optional)

(15-20 minutes) 2x per week

- Will facilitate sessions on Wednesday following Monday release of educational portion
- Intro segment
- Session
- Info on next session

Wellness Pre-recorded Virtual Educational Sessions

Week 1 - Relaxation, Meditation & Imagery

What is Relaxation and why is it important in regards to your health? What is Imagery?

What are the benefits?

Who should use relaxation techniques?

Describe Relaxation Techniques. Provide links to resources.

- Deep Breathing - to music
 - Diaphragmatic
 - Counting breaths
- Autogenic
- Repetitive Mantra or affirmation - can put to melody
- Progressive Muscle/Body Scan
- Visualization/Imagery

What type of music helps you relax and how does music assist in these relaxation techniques?

Week 2 - Using Your Voice

How your voice box works....vibration....vagus nerve.

Different ways to use your voice.

- Humming
- Toning
- Chanting
- Singing

Benefits (physical and emotional)

Singing favorite songs - other benefits

Week 3 - Moving to Music

Benefits of movement - add music

Ways to move to music

- Yoga like stretches
- Massage
- Exercise - Drums Alive

Week 4 - Therapeutic Songwriting

What is Therapeutic Songwriting?

Benefits of songwriting

Songwriting made easy

- Lyric Substitution
- Lyric Writing
- Music to Lyrics - speaking, chanting, singing

Week 5 - Music in Everyday Life

Where do we hear music? It's everywhere

Background music vs purposeful listening

Benefits of intentional listening

How to listening with purpose

Creating playlists

Week 6 - Learning to play an instrument

Some popular instruments to learn

Things to consider - difficulty, time needed to practice, costs, reason for learning, etc

Benefits of learning to play an instrument

Where to learn - websites and local music stores

Week 7 - Recreational music making

What is recreational music making?

What instruments are good for spontaneously making music? Easy instruments

Which songs?

Week 8 - Therapeutic Drumming

What makes drumming therapeutic?

Types of drums to use

Drumming instruction

Drum Circles and Community

Virtual Live Experiential Supplements

1. Week 1 -

- a. Body Scan** - piano body scan from you tube channel
- b. Imagery** - General imagery from you tube channel

2. Week 2

- a. Humming, Chanting and Toning** - exercises
- b. Sing Along** - popular songs that folks can sing along with me

3. Week 3

- a. Stretches and Self-Massage** - guide through chair stretches to relaxing music and self/face massage
- b. Exercise and Drums Alive** - a couple drums alive songs from the DA CD

4. Week 4

- a. Lyric Substitution** - with participation
- b. Song Parody** - with participation

5. Week 5

- a. Creating Playlists**
- b. Music Listening concert**

6. Week 6

- a. Learning to play the Uke**
- b. Learning to play the dulcimer**

7. Week 7

- a. **Making Music**
- 8. **Week 8**
 - a. **Therapeutic Drum Circle**