



Why Music Works

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HOSPICE & PALLIATIVE MUSIC
THERAPIST



Structure

- Rhythm, Melody, Harmony

Motivation

- Responses to music stimuli

Memory

- Unique relationship with the brain, personal experience

Testing, 1....2....3....



Using structure in music to facilitate interaction

- Structure, with familiarity, means predictability.
- Structure creates a safe container
- Structure invites adaptation and expression

Music as Motivator

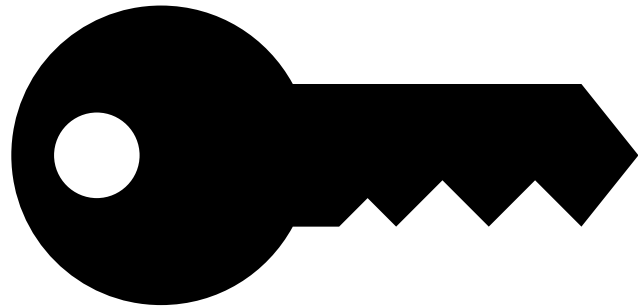


How Music Motivates

- CUES & SUPPORT
- ENTRAINMENT
- SOCIALIZATION

Music & Memory





Preference, Preference, Preference!

The key to maximizing music's potential to stimulate the brain is through accessing long term memories and previous experiences. Using music that is preferred by an individual will increase their interaction, engagement, enjoyment, and positive outcomes.

Assessing preference:

- Ask the individual whenever possible
- Interview friends & family
- Watch for nonverbal cues
- Often informed by age, culture, ideology

MUSIC TIMELINE EXERCISE

A music timeline is a fun and effective way to assess preferences and review life experiences.

What music did your parents listen to growing up? Where and how did they listen? Did you like any of the music they listened to?

Were you involved in music in school or church at an early age? If so, what music do you remember?

Did you play an instrument? Did you enjoy playing?

What music was played at the first dance you attended?

What music recordings do you remember being among the first you purchased for yourself?

Did your prom or graduating class have a specific theme song?

Was there a special song played at your wedding?

What songs did you play or sing for your children when they were growing up?

Have you thought about what music you'd like included in your memorial service?

Resources

- American Music Therapy Association: www.musictherapy.org
- Therapeutic Uses of Music with Older Adults by Alicia Ann Clair
- Medium.com, Jan 30, 2015: Music Trends Through the Decades
- Music Activities & Ideas: <https://positivepsychology.com/music-therapy-activities-tools/>

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