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.

<table>
<thead>
<tr>
<th></th>
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<td>5. You have to be a musician to benefit from Music Therapy.</td>
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EMBRACE Your Journey
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.
EMBRACE Your Journey
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
Katrina Tabinowski
Katrina.Tabinowski@UTSouthwestern.edu

For more information about music therapy, please visit 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
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. __________________________________________________________________________
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. ____________________________________________________________________
EMBRACE Your Journey
Music Therapy

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.

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

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

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