

**Music
Therapy**



**IN MEDICAL
FACILITIES**



*Cindy
Steen*

- Music Therapist MM, MT-BC
- Trained in NICU & Oncology
- Provides evidence-based integrative therapy for patient and family
- Music Educator
- Music Performer

Music Therapy is 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.

- Music therapists must have a bachelor's degree or higher
- 72 approved colleges and universities
- 1200 hours of clinical training.
- Music therapists must hold the MT-BC credential, issued through the Certification Board for Music Therapists
- Music Therapy students take classes in psychology, psychotherapy, and anatomy and physiology.

Music Therapy Services are provided in:

- Adult
- NICU
- Pediatrics
- PICU
- Behavioral
- Burn
- TBI
- Eating Disorder
- Oncology
- Transplant
- Cardiac
- Hospice
- Rehabilitation
- Alzheimer's Disease
- Neurology
- Substance Abuse

THIS IS YOUR BRAIN ON MUSIC!!

Left Frontal Lobe (involved in rhythm)
 Complete a Rhythm Challenge Packet

Right Frontal Lobe (involved in creativity)
 Show Your Creative Side Pick an instrument and project the complete:
 _____ Compositional Project
 _____ Songwriting Project
 _____ YouTube Art & Video Project
 _____ Creative Your Own Project

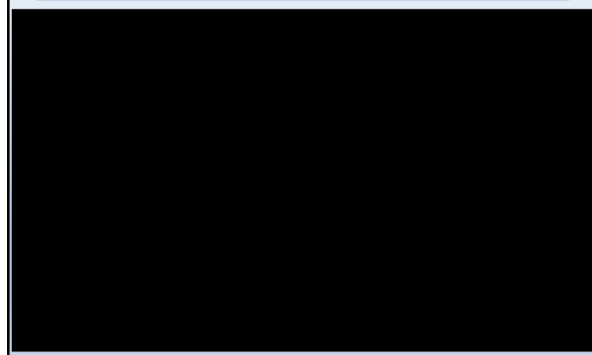
Auditory Cortex (processes what you hear)
 Practice, it's what it takes to become a SPENCER musician
 My weekly practice plan _____ minutes
 Add a star below for every week you reach your goal

Occipital Lobe (processes what you see)
 How FULL can you stuff your brain?
 Learn _____ songs this year that you can keep ready to play anytime, anywhere, for anyone!
 Make a list of them below:

Skittles _____ pieces this year

This brain belongs to: _____

Music Therapy Helps Cancer Patients M.D. Anderson



Evidence-based Goals and Outcomes

- Pain management
- Regulate HR, BP, O2 Saturation
- Decrease anxiety and depression
- Increase patient & family bonding
- Improve Coping Skills/Behavioral Scores
- Improve physical, emotional, cognitive, developmental, social and spiritual needs
- Individualized Plan of Care

My 1st day in PICU



Boston Children's Hospital

Song Writing to Express Feelings- Creating **NORMALCY** in Pediatrics

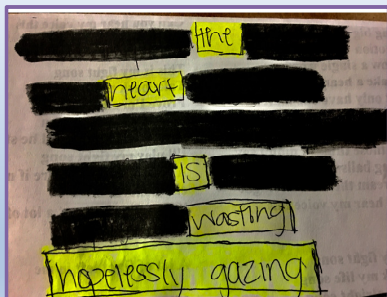
I love my mom with all my heart
She makes me happy
Today is her birthday
Today I'm going to give her something special
She loves me and my brothers
She loves cars that are super pretty
I love her with all my heart
Because she is my MOM



“Where Words Fail, Music Speaks”



Self Expression Using Lyrics



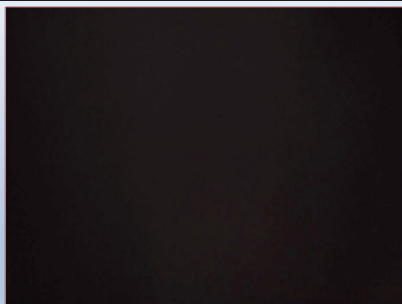




NICU Mount Sinai- Beth Israel

- Increasing oxygen saturation levels
- Increasing infant self-regulatory behaviors
- Reducing infant stress behaviors
- Decreasing length of stay
- Better overall tolerance
- Encouraging appropriate parent/infant bonding
- Decreasing heart and respiration rates
- Accelerating weight gain
- Increasing non-nutritive sucking
- Providing opportunity for habituation to stimuli
- Neurological language development

Beth-Israel Mount Sinai NICU



Program Development

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