



Life Improvised: Creative Music Making for Social Skills, Schedules and Quality Time

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A brief overview

- ❖ 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.



Goal Areas

- ❖ Physical
- ❖ Emotional
- ❖ Cognitive
- ❖ Social



Active

Improvisation
 Singing
 Songwriting
 Movement/Dance
 Rhythmic Auditory Stimulation
 Melodic Intonation
 Toning/Chanting
 HealthRhythms

Receptive

Lyric Discussion
 Guided Imagery
 Relaxation
 Song sharing
 Reminiscence
 Entrainment

ADL Playlists

- ❖ BPM: Beats per Minute (the Tempo)
- ❖ Genre
- ❖ Consider the lyrics
- ❖ Instrumentation
- ❖ Transition songs
- ❖ Consistency

Communi-care (LatinL “To share”)

- ❖ Singing is relationship building while still transmitting information
- ❖ You do not need to be Adele to use your singing voice
- ❖ Find your comfort zone!
- ❖ “Ain’t Gonna Let Nobody” and new words to a familiar melody

To The Beat of a Different Drum

- ❖ Entrainment
- ❖ Rhythmic Play: stop and start, fill-in rhythms
- ❖ Percussion is everywhere- what tools do you already have?

Access to Music Therapy & Alternatives

- ❖ Technology: spotify playlists, iPad instruments
- ❖ Facility-based music therapy
- ❖ Third party reimbursement - insurance / waiver
- ❖ Grant funding for services and instruments
- ❖ Adaptive music lessons, music groups

Maine Music Therapy Task Force

See the ATMA's guide for more information and to read about the progress other states have made:
<http://www.musictherapy.org/policy/stateadvocacy/>

Also read more on the CBMT page (www.cbmt.org) about board-certification. A key reason to advocate for state recognition of music therapy and eventually require a license is to make sure you're getting the best client care possible! Educating communities about music therapy and its benefits includes information on our scope of practice and history of this profession. This will increase access to funding sources for services and thus increase access to services for clients.





MUSIC HEALS

MAINE MUSIC & HEALTH
mainemusicandhealth.com
 Group and individual music therapy sessions for teens and adults with a range of physical, cognitive, emotional, and social needs.
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Thank you!

www.mainemusicandhealth.com
 (207) 233-8734