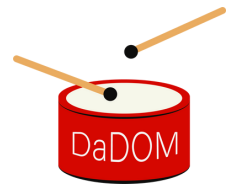


# Lesson 6 | Music therapist

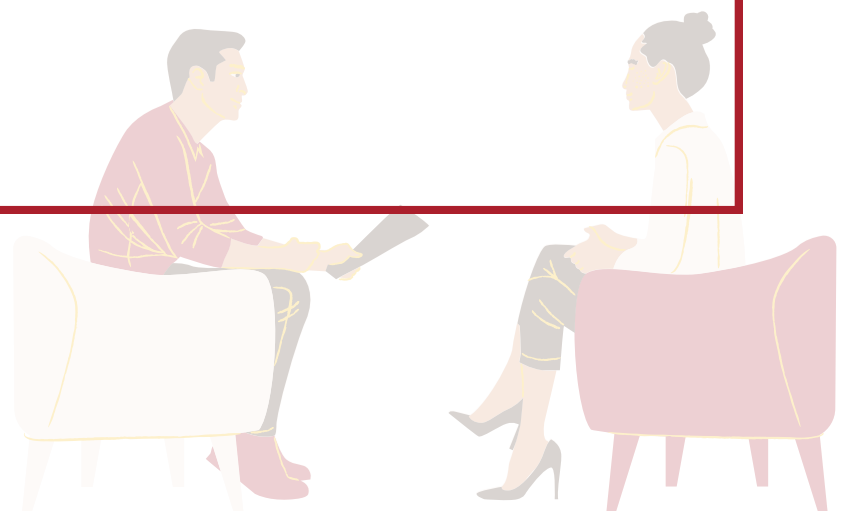


## Assignment 1

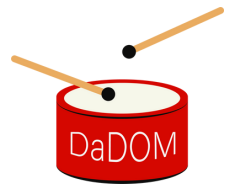
## Music therapists and the healthcare professional

As a healthcare professional, you work closely with various disciplines. One discipline to be explored in this assignment is the music therapist. Music therapy is a recognized form of therapy that uses music to positively influence various aspects of the client's well-being.

1. Search the internet for music therapists in your area. Describe what music therapy is and what it is used for.
2. Watch the following video:  
<https://www.youtube.com/watch?v=EK5qqYYxjn4>
3. Describe in at least 50 words what you think of the video. What types of therapy did you see and what skills or areas are being trained?

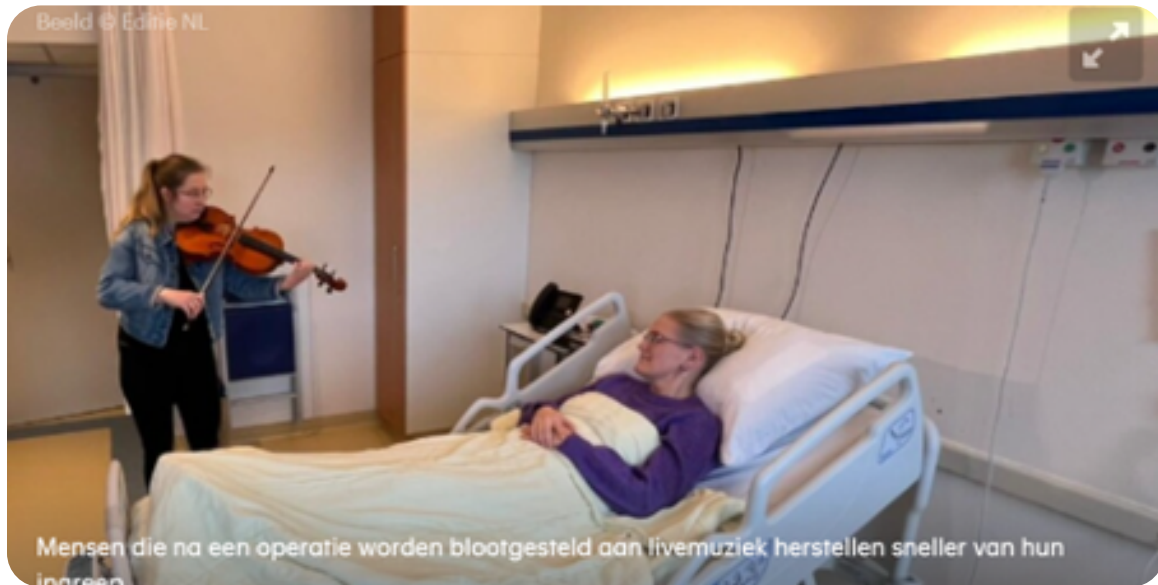


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## Assignment 2 Music and recovery

Read the following article and answer the questions.



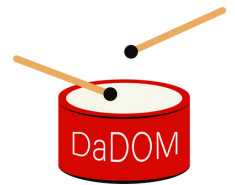
People exposed to live music after surgery recover faster from their procedures. This was discovered by nursing researcher Hanneke van der Wal from UMC Groningen, who received her doctorate on the subject this week. She advocates for live music to become a regular part of hospital care. The research results are particularly promising for older patients, who are at greater risk for complications during and longer recovery times after surgery. "We already knew that music could help reduce stress and manage pain," researcher Van der Wal told Editie NL. "But now we have been able to demonstrate that it also seems to have a positive effect after surgery."

### Value of live music

Until now, the effect of music was mainly researched from a clinical perspective. "But you have to approach people in their entirety," Van der Wal believes. "In body and mind." From this standpoint, she delved further into the subject, examining the added value of live music and how people experience it.

Pain, for example, plays a significant role after surgery. "It causes stress," Van der Wal explains. "Then you get out of bed worse and move more difficultly, which is also mentally unpleasant. This stress reaction in your body makes it work to recover. But in older people, it can lead to overstimulation and complications."

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She continues: "The nervous system consists of two branches that keep each other in balance, like a gas pedal and a brake. With such a stress reaction, that system is out of balance. Music can then have a positive effect. We saw a decrease in the perceived pain level in patients with musicians at their bedside."

## **Better results**

Violist Luca Altdorfer is one of the musicians who played live music at the bedside of multiple patients. She witnessed the effects up close. One experience that stayed with her was that of a woman who received bad news shortly after being admitted to the hospital. "She wanted an improvisation about acceptance," Altdorfer says. "I felt a warm feeling and started to play."

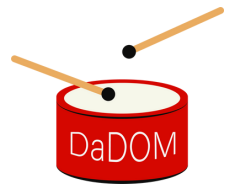
"We could see that it stirred something in her and her partner and it connected us. That was a very special moment. The next day, her results turned out to be better. She said the music helped enormously in that situation. The experiences vary but are generally positive. "For another woman, the music felt like a massage. She said she felt really relaxed. Just like a man who had pain in his foot and also felt more relaxed when he heard the music. Another time, a man tried to stay strong. We played a cheerful piece, but he started to cry: everything came out. He felt pain, but at the same time, it was easier to go along with it."

## **Unexpected Elements**

Science journalist Mark Mieras finds it logical that music affects recovery. "Probably because music is a playful challenge," says Mieras. "It has a significant impact on stress and puts you in a kind of developmental mode, making your body more focused on recovery. That recovery mode is what you want after surgery, and you can feel it mentally and physically, making you flexible and able to respond and socialize. Music activates the brain due to the various unexpected elements it contains."

The body thus prepares for the unexpected. "Everyone knows the effect of listening to music," Mieras continues. "For example, sad people benefit greatly from music. This preparation for what is to come also affects the stress and immune system. The same effect was seen when a hospital in Hilversum decided to create a facility to give patients chemotherapy in the forest. "That also activated the recovery mode," says Mieras. "The dose of chemo was higher and more effective, but patients didn't find it more unpleasant."

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## Contact with patients

Regarding music in healthcare, the UMCG and several musicians have already united in a foundation, which is currently dependent on subsidies. The parties hope for more permanent funding, partly because they believe that music in healthcare could help reduce the workload. A significant number of healthcare workers deal with a lot of stress," continues nursing researcher Van der Wal. "That changes the contact with the patient." The use of live music could take over some of the tasks and thus contribute. "To compassion for healthcare workers, allowing them to do more of what they enjoy."

Source: Editie NL

1. What did Ms. Van der Wal research?
2. What positive influences does music have on the patient in the hospital? Name at least 4.
3. What did you think of the article?



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