Music Therapy: Interventions for Memory Making & Processing

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Presentation Objectives

- Understand music therapy’s role in pediatric palliative care
- Explore how music therapy can be used for processing and memory making
- Learn about songwriting for legacy building at end of life
Music Therapy

“A goal-directed process in which the therapist helps the client to improve, maintain, or restore a state of well-being, using musical experiences and the relationships that develop through them as dynamic forces of change.”

-Dr. Kenneth Bruscia
Our Music Therapy Program

- 3 full time music therapists
- Large demand for services
- Physician’s orders
- All inpatient units
- Average daily census: 65 patients
Music Therapy in Palliative Care

- Rainbow Kids
- Interdisciplinary team
- Range of goals
  - Developmental stimulation
  - Relaxation
  - Procedural support
  - Opportunities for choice/control
  - Meaningful interaction
Music Therapy at End of Life

Support for:
- Patient
- Caregivers
- Siblings
- Staff

Support during:
- Hospitalization
- Withdrawal of life support
- Funeral
Music Therapy at End of Life: Patient Care

Goals:
- Pain/symptom management
- Emotional processing
- Communication with family

Interventions:
- Songwriting/Recording
- Music listening/Analysis
- Music making
Music Therapy at End of Life: Caregivers & Family

Goals:
- Emotional processing
- Anticipatory grief
- Caregiver/Child bonding
- Legacy making

Interventions:
- Recording meaningful music
- Original songwriting
- Heartbeat recording
- Audio/Visual legacy creation
Songwriting at End-of-Life

- Lullabies and laments historically used to aid in human transitions
- External expression of loss and love
- Continued meaning after passing

Songwriting Process

- Conversation/Family interview
- Song created by MT-BC
- Family’s words/musical input
- Final product
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