

Benefits of Music Therapy



Landis-shack, N., Heinz, A., & Bonn-Miller, M. (2017). Music therapy for posttraumatic stress in adults: a theoretical review. *Psychomusicology: Music, Mind, and Brain*, Vol. 27 (4), 334-342. Retrieved from: <http://eds.b.ebscohost.com.ezproxy.memphis.edu/eds/pdfviewer/pdfviewer?vid=1&sid=78e4a659-e2b1-4635-87bc-03880bba4c78%40sessionmgr101>

Psychomusicology: Mind, Music, and Brain published a theoretical review on *music therapy for posttraumatic stress in adults*. Music therapy has been utilized in clinical interventions for individuals who have experienced trauma and PTSD symptoms, and this study looks to see how music therapy can be used to help treat PTSD in a creative outlet that may be less stigmatizing and more accessible to more individuals. Literature surrounding music therapy with PTSD clients shows improvements in resiliency, overall well-being, and reducing emotional distress. The literature review conducted in this study looked at an array of studies utilizing music therapy in PTSD treatment, and the symptoms that it had any marked improvement in treating.

Findings from this review showed that of the studies reviewed, music therapy helped the most in improving negative affect and mood alterations in PTSD individuals. This review also showed compelling empirical evidence and theoretical evidence in music therapy's ability to reduce PTSD symptoms and can help with decreasing emotionally dysregulating intrusions, avoidance, hyper awareness, and negative changes in mood.

Kim, J. (2015). Music therapy with children who have been exposed to ongoing child abuse and poverty: a pilot study. *Nordic Journal of Music Therapy*, 24 (1), 27-43. Retrieved from: <http://eds.a.ebscohost.com.ezproxy.memphis.edu/eds/pdfviewer/pdfviewer?vid=1&sid=ae09b598-b4d9-432a-a3d4-526f51fbab59%40sessionmgr4009>

Jeonju University in South Korea published a pilot study on *music therapy with children who have been exposed to ongoing child abuse and poverty*. A small scale randomized study took place with 4 children who fit the criteria for being exposed to ongoing child maltreatment and poverty with observable behavioral problems in order to study the effect of music therapy on treating behaviors. A child abuse and behavior checklist and poverty screening were utilized to measure if the children fit the criteria.

Overall, the quantitative and observational findings from this study supports music therapy in helping the children in this study work through behavioral issues. It was noted that the children in this study did struggle in some aspects of music therapy with decision making for music choices and interactions with the therapist were noted, which were theorized as being due to lack of attachments with adult figures during early and middle childhood. Overall, the results of this pilot study show that music therapy can be a feasible and effective intervention for children who have experienced abuse and poverty. Even though a small sample size makes it difficult to make generalizations from this data, the global implications for children in Korea and international in poverty can still be observed and help influence additional research into the effectiveness of music therapy with impoverished and maltreated children.

Yen-Hsuan, Y., & Yang, Y. (2016). Parents and young children with disabilities: the effects of a home-based music therapy program on parent-child interactions. *Journal of Music Therapy*, 53(1), 27-54. Retrieved from: <http://eds.a.ebscohost.com.ezproxy.memphis.edu/eds/pdfviewer/pdfviewer?vid=1&sid=f325e09f-1653-4c5f-a9b5-abdedfdf5da9%40sessionmgr4009>

Florida State University published a study looking at the effects of a *home-based music therapy program on parent-child interactions with parents and young children with disabilities*. The objective of this study was to look at how a six-week home based music therapy program affected parent responses to children, children's initiation of activities with parents, and the parent child relationship as a whole in terms on synchronization and communication. A single-group design was implemented, with 26 parent-child groups participating in 6 weekly forty-minute sessions of music based activities with observational data being recorded for data. Music activities were designed to

help create opportunities for parents to learn skills to work on parent-child interactions and helping to provide families with providing services to help support children with developmental delays or disabilities early in life.

Findings from this study showed that there was significant improvement on parent's physical and verbal responses, an increase in positive child initiations, and better child-parent synchrony. This study supports the use of music therapy in a home-based program approach to help facilitate child-parent communication and interactions for parents of children with developmental disabilities.

Jacobsen, S., McKinney, C., & Hoick, U. (2014). Effects of a dyadic music therapy intervention on parent-child interaction, parent stress, and parent-child relationship in families with emotionally neglected children: a randomized controlled trial. *Journal of Music Therapy*, 51(4), 310-332. Retrieved from: <http://eds.b.ebscohost.com.ezproxy.memphis.edu/eds/pdfviewer/pdfviewer?vid=1&sid=8a4ce118-2bd4-4a71-9709-7c4b12c00234%40sessionmgr120>

The Aalborg University in Denmark released a study on the *effects of a dyadic music therapy intervention on parent-child interactions, parent stress, and parent-child relationship in families with emotionally neglected children*. The purpose of this study was to explore the effects of dyadic music therapy as a therapeutic intervention on parent-child interactions in families with emotionally neglected children between the ages of 5-12 years of age. 18 parent-child groups were randomly assigned to receive 10 weekly music therapy sessions with a music therapist that utilized self-reported measures for parents stress and a parent-child relationship.

Findings from this study showed that the parent-child relationships in the study who received music therapy were able to improve their nonverbal communication and were able to report less parent stress and improve their relationship more compared to those who did not receive the music therapy component. This study helped to show that music therapy can improve emotional communication between parents and children and can be seen as an effective alternative treatment for families at risk of maltreated children or who are emotionally neglected a child.

Oldfield, A., Bell, K., & Pool, J. (2012). Three families and three music therapists: reflections on short term music therapy in child and family psychiatry. *Nordic Journal of Music Therapy*, 21(3), 250-267. Retrieved from: <http://eds.b.ebscohost.com.ezproxy.memphis.edu/eds/pdfviewer/pdfviewer?vid=1&sid=e2f6aeaa-cdc6-4c05-8dc8-00101cc0e0c3%40sessionmgr120>

Anglia Ruskin University in Cambridge released a short-term music therapy study on *three families, three music therapists: reflections on short term music therapy in child and family psychiatry*. This study

took place in a child and family psychiatry unit by three music therapists with three families in a short-term study length, more unusual in clinical work but designed to show effectiveness of treatment in a non-traditional capacity, used spontaneous music making incorporated into non-verbal and non-music therapeutic objectives. Three families were all assessed and admitted to an inpatient psychiatric facility for families on a short term basis, and some were linked with outpatient music therapy upon their discharge.

Findings from these short term case studies showed that music therapy was beneficial to families in enabling parents to gain a new perspective into their relationships with their children, and combining the treatment to focus on the family and not only the children proved to have better outcomes for families especially in an out-patient setting. The act of spontaneous music making helped encourage interactions between family members when verbal interactions were not as successful, and helped inspire new insights by parents relating more to their children. This study aimed to help shed light on the effectiveness of music therapy with families, and how a short term clinical intervention method can be effective in in-patient facilities and incorporated into out-patient work as well.

Bower, J., Catroppa, C., Grocke, D., & Shoemark, H. (2014). Music therapy for early cognitive rehabilitation post-childhood TBI: an intrinsic mixed methods case study. *Developmental Neurorehabilitation*, 17(5), 339-346. Retrieved from: <http://eds.b.ebscohost.com.ezproxy.memphis.edu/eds/pdfviewer/pdfviewer?vid=1&sid=1fb05f26-39c2-4c2a-a4c4-aedfaed78d93%40sessionmgr103>

Developmental Neurorehabilitation published a study on *music therapy for early cognitive rehabilitation post-childhood TBI: an intrinsic mixed methods case study*. This study aimed to look at the effectiveness of music therapy as an intervention for children with traumatic brain injuries between the ages of 2-14 years old and focused on the case of a nine-year-old girl post TBI from a motor vehicle accident presenting with atypical behaviors such as periods of agitation, inability to focus or stare at a space for no reason, and not following doctors commands. The subject attended 10 music therapy sessions with live singing of familiar songs either unaccompanied or with the music therapist playing guitar.

Findings from this study showed that there were some acceptance behaviors noted, which were categorized as the participant being able to recognize the song and still non-regular behaviors and seen as a positive response to the music. The client also produced vocalizations that appeared to mimic singing along with the therapist, and overall displayed behaviors that elicited a generally higher level of responsiveness and a change in the quality of behaviors displayed. This study helped to provide positive outcomes for music therapy with pediatric TBI patients, and helps to support the use of music therapy in early recovery and as a potentially low risk, non-invasive, and low cost therapeutic intervention.