Holidays Stress Management: Music Therapy for Patients & Caregivers

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SoWu Gathering – Rock Hill, SC
December 14, 2017
Learner Objectives

- Recognize at least 3 sources of stress
- Identify a treatment aspect pertaining to the holidays
- List a way to incorporate music with clients
Intros

Gretchen Benner, LMSW, MT-BC & Melissa Reinhardt, MSEd, MT-BC
STRESS

- Chronic, acute and episodic stress (APA)
- Acronyms for relief
  - RAIN
  - THINK
  - SELF
  - RELAX
Holiday Humor

Looks like you put on a little weight over the holidays.

Yeah, but it's mostly water.

Christmas Group Therapy

I don't believe in myself.

I think I'm bi-polar.

All the other reindeer laugh and call me names.

I'm trapped in a dead-end job.
Definition: 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.

- It addresses physical, emotional, cognitive, and social needs of individuals (American Music Therapy Association, 2017).
- Goals are functional rather than musical
Populations

- Clinical Vignettes
  - Examples: inpatient, outpatient,
Considerations & Implications

Tis The Season for...

- Assessment
- Professional relationship
- Gifts
When do stores start playing holiday music this year?*

A look at 25 of the top 100 retailers in the U.S.**

10/22/2017
Best Buy

11/5/2017
Ulta

11/11/2017
Office Depot/
OfficeMax

11/16/2017
Verizon Wireless

11/23/2017
Giant Eagle,
JC Penney
THANKSGIVING

12/1/2017
Stater Bros.

11/1/2017
Sears/Kmart,
Michael’s,
Lane Bryant/
Maurice’s

11/9/2017
Belk, H&M

11/13/2017
Walmart

11/18/2017
Staples

11/24/2017
Publix, ***Target, Home
Depot, Nordstrom,
Lowe’s, Albertson’s,
Sprouts, Williams-
Sonoma, Pottery Barn,
Foot Locker, Dunkin
Donuts
BLACK FRIDAY

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* Dates shown are when stores begin playing some holiday music, but not necessarily only holiday music.

** The top 100 American retailers were surveyed, but only the 25 that responded with a specific date were included.

*** Only 180 Target stores out of 1,800 feature in-store music of any kind.
Checking In
Experiential #2

Boomwhackers
Musical Games

- Name That Tune
- Musical Charades
- Pictionary
- Bingo*
Experiential #3
Christmas Music Bingo
Review: Learner Objectives

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Questions
References

- 4 Awesome Acronyms For Relief:
  https://www.psychologytoday.com/blog/anxiety-zen/201703/4-awesome-acronyms-anxiety-relief

- 10 Tips:

- 10 Tips:

- Christmas Music May Take Mental Tool:
References, cont.


- Music Therapy Definition: [https://www.musictherapy.org](https://www.musictherapy.org)


- Triggers of Holiday Trauma: [https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/recognizing-holiday-triggers](https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/recognizing-holiday-triggers)
Let’s Connect

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