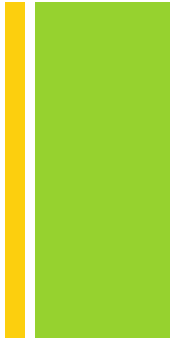


Holidays Stress Management: Music Therapy for Patients & Caregivers

Gretchen Benner, LMSW, MT-BC Melissa Reinhardt, MEd, MT-BC
SoWu Gathering - Rock Hill, SC
December 14, 2017



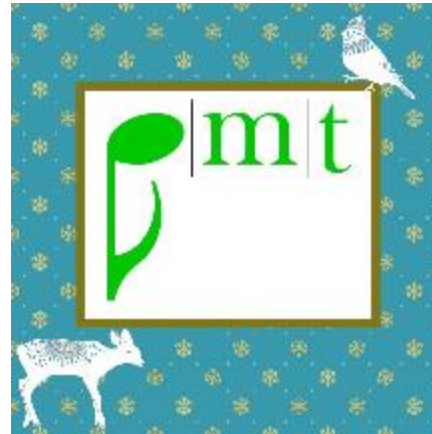
+ Learner Objectives



- 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, MEd, MT-BC

+ STRESS

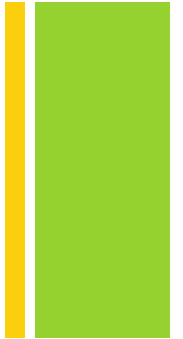
- Chronic, acute and episodic stress (APA)
- Acronyms for relief
 - RAIN
 - THINK
 - SELF
 - RELAX



+ Holiday Humor

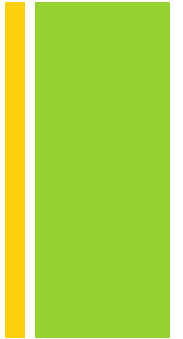


+ Music Therapy



- 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,





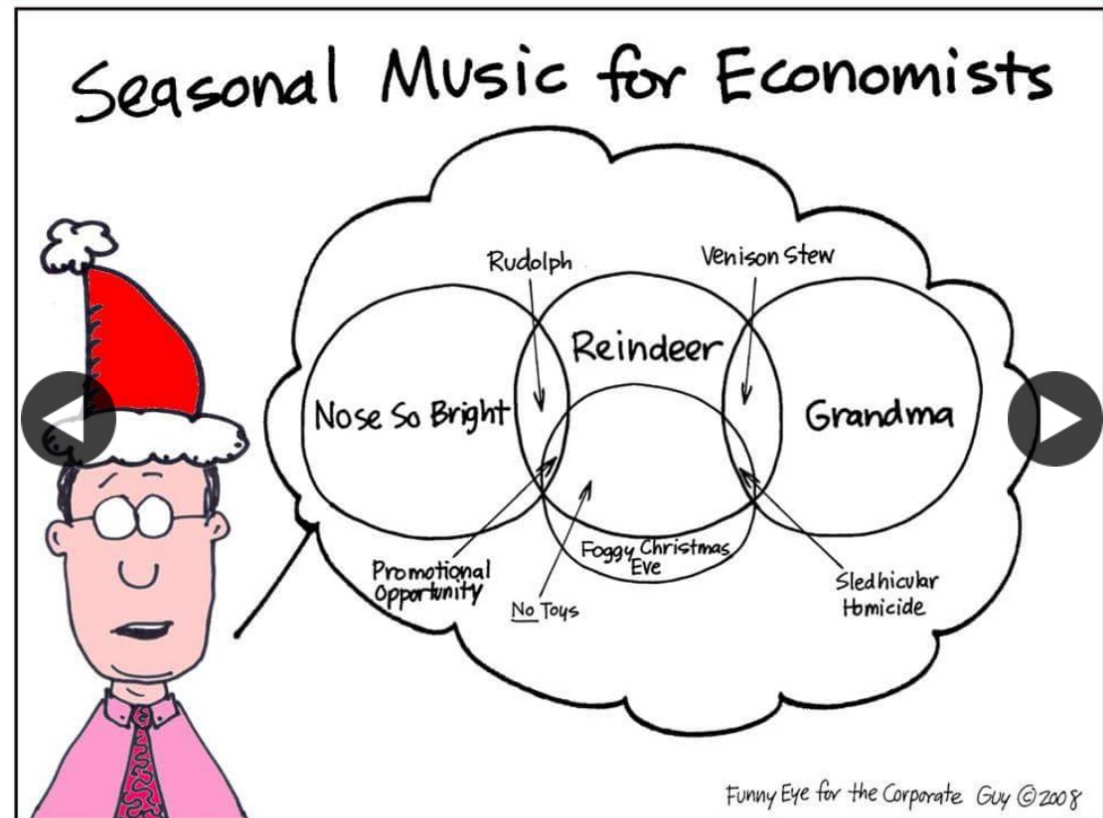
Experiential #1

Rhythm Machine

+ 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.**

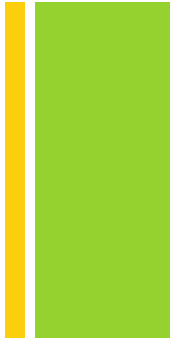


* Dates shown are when stores begin playing some holiday music, but not necessarily only holiday music.

** 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



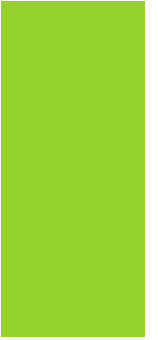
Ukulele & Baby, PMT 2017



Experiential #2

Boomwhackers

+ Musical Games



- Name That Tune

- Musical Charades

- Pictionary

- **Bingo***



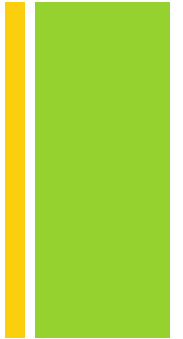
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Experiential #3

Christmas Music Bingo



Review: 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

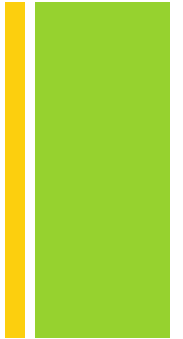


+

Questions



References



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<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>
- **10 Tips:**
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- **Christmas Music May Take Mental Toll:**
<https://www.cbsnews.com/news/christmas-music-can-harm-mental-health-cause-stress-psychologist-finds/>



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<http://myfreebingocards.com/occasions/christmas-carols/printable-bingo-card-generator>

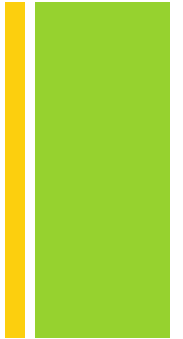
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- Stress Kinds:

<http://www.apa.org/helpcenter/stress-kinds.aspx>

- Triggers of Holiday Trauma:

<https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/recognizing-holiday-triggers>





Let's
Connect



Holidays Stress Management: Music
Therapy for Patients & Caregivers

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