

Overview of Music Therapy &

Drama Therapy



Who Can Benefit From This?

- People going through:
 - Trauma
 - Autism
 - Schizophrenia
- Patients of all ages
 - Children
 - Adults and Elderly



- Patients with:
 - Mental Health Issues
 - Acute and Chronic pain
 - Physical Disabilities
 - Substance Abuse Problems
 - Developmental and Learning Disabilities



Background and Support of Practice



- From an article originally published in 1993, a study described the “Mozart Effect,” which resulted in performance enhancement or change in neurological/brain activity associated with listening to music by the classical composer, Mozart.
- In another study, and taking the findings of the “Mozart Effect” further, a positive correlation linking emotions that are musically generated and cognitive performance was found.
- Expanding on this, the application of music therapy in the medical environment was studied and results suggested that listening to music decreased cortisol release, improved mood disturbances, increased release of dopamine, and may even foster nerve regeneration/repair.
- In the last decade, research has produced promising results: drama therapy offers effective treatment for various populations-with the largest studies concerning those with developmental disabilities and/or cognitive impairments

Face To The Practice (Interview)



- Seattle Children's Alyssa Burnett Adult Life Center
 - Lifelong learning for people 18+ with ASD and other developmental disabilities
 - Uses music to foster social skills, create connections and bonds with peers.
 - Offers space & options for coping and regulating emotions.
 - 25 yo female with Autism who is minimally verbal
 - Uses music therapy to improve vocabulary, articulation and increase confidence.
 - Heart beat songs



Relating Practice To Nursing: What Nurses Can Do

Easy to do in our practice and its benefits:

- Sound systems in patients' room
- Ability to link Spotify or another music platform
- Headphones (e.g to sleep with relaxing music)
 - to block out sounds of their ward
- Music in rehab floors
- Asking families what the patient's favorite music is



Real-Life Experiences:

- Using music to calm down a patient who is agitated
- Music being played as a distraction for burn patients during wound care



References: