



Connecting with Emotions Art Therapy and Music Therapy in Hospice: Principles and Foundations

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BJC HOSPICE / EVELYN'S HOUSE – ST. LOUIS



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Learning Objectives

- To have a greater understanding of the role of art therapy and music therapy in hospice.
- To understand the underlying principles of both disciplines.
- To provide specific examples of effective interventions shared through case studies.
- To demonstrate effective and evidence-based interventions used by music therapists and art therapists.

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Experiential Essentials

- Feelings Mandala with Songwriting
- Please gather a piece of paper (any paper) and something to write with for later

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BJC Hospice - Evelyn's House

Evelyn's House, is our 16-bed hospice facility that opened June 19, 2017, on the campus of Barnes-Jewish West County Hospital in Creve Coeur, Missouri.

The house was designed to offer patients and families short-term management of pain and complex symptoms their loved ones are facing, as well as respite for caregivers, and end of life care when home hospice in the family home is no longer feasible. It is the first hospice facility in the St. Louis area to provide beds to pediatric patients as well as adults.



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BJC Hospice - Evelyn's House

Complementary and alternative approaches to medicine such as art therapy, music therapy are some unique features of at our 18,000 square-foot facility.



"Healthcare consumers are increasingly requesting symptom management interventions that are considered "complementary" to traditional medical interventions. These therapies are thought to increase ease, relieve pain, and improve quality of life (QOL) outcomes especially relevant for clients receiving hospice services at the end of their lives." Running, A., Shreffler-Grant, J., & Andrews, W. (2008)

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Art Therapy at Evelyn's House

➤ Definition:

"Art therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship."

American Art Therapy Association, (2021)



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Art Therapy at Evelyn's House



➤ Education:

Combined art therapy counseling programs teach the therapeutic uses of art-making with the skills of a licensed professional counselor. It is a 3-year, double masters' degree program that allows graduates to help people work through trauma, mental health issues, illness, grief and challenges in living, and is for all those seeking personal insight and change.

- You must obtain post-graduate licensure in both Art Therapy (ATR) and Professional Counseling (LPC) credentials. ATRs must graduate from a program "Approved" by the American Art Therapy Association (AATA) and must obtain 1,000 hours of art therapy direct client contact in addition to 100 hours of supervision.
- You must also obtain post-graduate state licensure equaling 3,000 hours of supervision in two years. 1,200 of those hours must be direct counseling services with one hour face to face post graduate clinical supervision with a state approved supervisor.

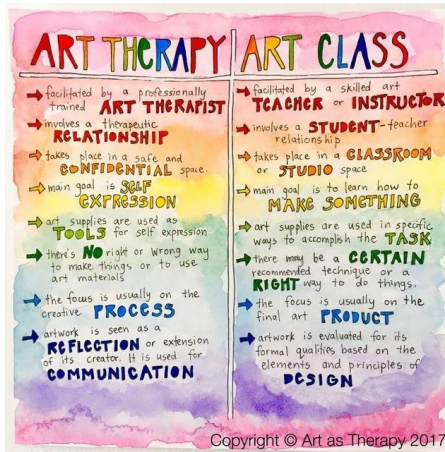
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Art Therapy at Evelyn's House


➤ Role in hospice:

"Art therapy has been shown to help unaddressed psychosocial distress in hospitalized patients and to promote better management of physical symptoms, promoting overall well-being, and socialization."

-Shella (2018)



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Art Therapy is a tool used to explore difficult and complex feelings

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Music Therapy in Hospice

➤ **Definition:**



"Music Therapy is the clinical & 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 [...]"

American Music Therapy Association, (2005)

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Music Therapy in Hospice



➤ Education:

- Bachelors degree in Music Therapy (Masters and PhD in Music Therapy also available). Curriculum includes coursework in music therapy, psychology, music, biological, social and behavioral sciences, disabilities and general studies
- 1200 clinical hours, including 6 month internship.
- Board Certification through Certification Board of Music Therapists (required by most employers)
- 100 Continuing Education Credits per cycle to maintain MT-BC credential.

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Music Therapy in Hospice



➤ General Uses of MUSIC In Hospice:

- • An Alzheimer's patient listening to his/her cd collection.
- • A player piano in the lobby of a long-term care community.
- • A nurse singing or offering background music to a patient.
- • A musician playing guitar during volunteer visits.
- • A choir singing carols in the halls of a hospice house.

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Music Therapy in Hospice



- **A MUSIC THERAPIST'S Role in Hospice:**
- A music therapist functions as a member of the interdisciplinary hospice team to evaluate and address the wholistic comfort and life quality needs of a patient. A music therapist intentionally targets a patient's specific need via a therapeutic relationship and the use of music interventions that are supported by published research and patient preferences. Through documentation of measurable outcomes, implementation of ongoing assessment and collaboration with the interdisciplinary team, the music therapist provides the most effective musical approach possible.

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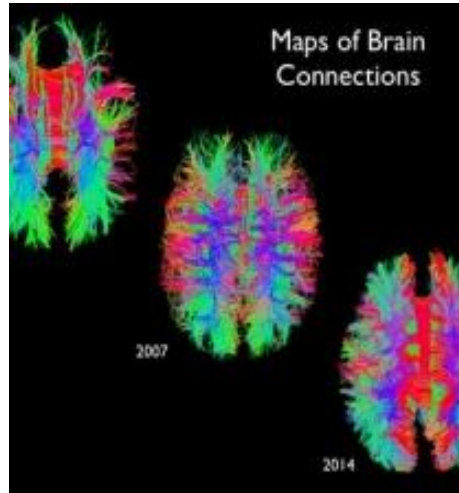
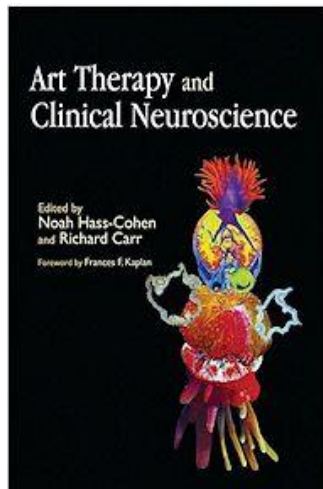
Art Therapy and the Brain



- Art-making becomes art therapy when there is a witness, in the form of a skilled art therapist, to observe and reflect back the complex neural exchange and integration occurring within the practitioner (Hass-Cohen & Carr, 2008).

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Art Therapy and the Brain



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Art Therapy and the Brain

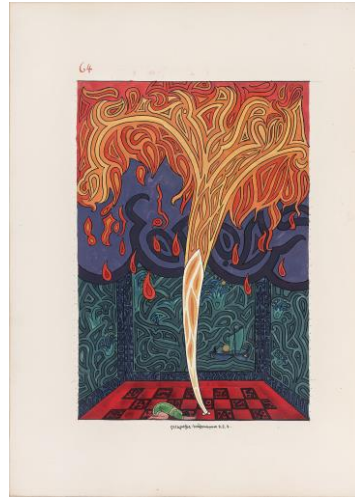


- Research shows that art therapy is a “whole brain” activity as is meditation, dance and music.
- "Art therapy encourages artistic expression of emotions in a safe environment and has been found to have positive somatic effects in the form of relieving tension and the reduction of stress" (Hart, 2010).

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Art Therapy and the Brain

- Research indicates that patients find that art therapy at end of life: increases quality of life, reduces stress and anxiety, increases coping skills and self-esteem which can lead to increased overall psychological well-being. In other words, it helps build resilience.



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Music and the Brain

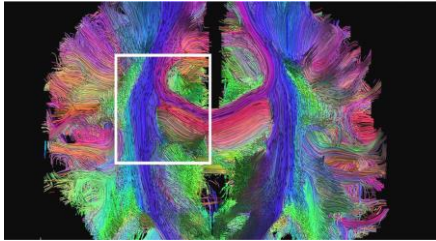


- **Music Can Activate the Whole Brain**
- **Rhythm in Music Synchronizes Behavior**
- **Music Modulates Autonomic Responses of Heart Rate, Blood Pressure and Respiration**

Davis, Thaut & Gfeller., (2008)

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Music and the Brain



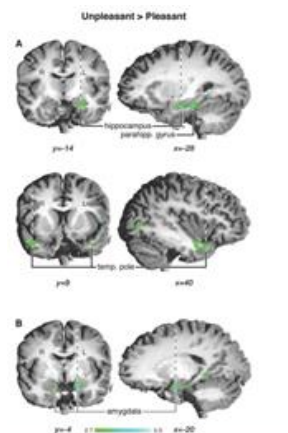
➤ Music Can Activate Brain Areas That Produce Dopamine

Studies indicate that listening to **pleasant music** activates brain areas that produce **dopamine**. Widely known as a **pleasure or reward neurotransmitter**, dopamine is also **necessary for neuroplasticity** -the process by which the brain makes new connections and cuts out old connections for new learning to take place (Stegemoller, 2021).



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Music and the Brain



➤ Music Can Quiet The Amygdala

When the amygdala is activated by signals that indicate the presence of pain and pain associated emotions (such as fear, anxiety and depression), **music that is perceived as pleasant** activates other brain structures that can weaken the signal that the amygdala transmits to the upper parts of the brain. **The result is pleasant emotional responses and greatly decreased sensations of pain.** Koelsch, et al., (2006).

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Music and the Brain



Music Engages Areas of the Brain Responsible for Social Connections

Shared preferred music immediately aids bonding and feelings of connectedness (Stegemoller, 2021).

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Music and the Brain



Familiar Music Accesses Associated Memory and Mood

Inducing a positive emotional state through pleasant music that is also familiar to the listener triggers emotions and memories that have been paired with and associated to the music by the listener (Davis, Thaut & Gfeller, 2008).

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Art Therapy: Case Study 1

- **Patient:** (64, male, glioblastoma)
- **Problem:** Difficulty in expressing himself verbally due to disease process.
- **Goal:** To help him with self-expression, autonomy and feelings of accomplishment and self-worth.
- **Underlying principles:** Art therapy helped this patient who struggled to communicate verbally to express himself.
- **Interventions:** Worked with a variety of art mediums and materials that helped him explore self-expression in a safe environment as well as helping his young family process their anticipatory grief.

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Art Therapy: Case Study 2

- **Patient:** (63, male, stage 4 prostate cancer)
- **Problem:** Anxiety, depression, existential concerns
- **Goal:** To provide mental and emotional stimulation and distraction from pain, anxiety, depression and existential crisis.
- **Underlying principles:** Art was this patients' natural language and he made prolific works around the theme of "home."
- **Interventions:** This patient was able to visit the art room and would spend time in both his patient room and art room making elaborate "homescapes." He signed consent and shared the following images on the next slide.

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Music Therapy: Case Study 1

- **Patient:** (62 y/o Female with Lung Cancer)
- **Problem:** Anticipatory Grief (Spouse)
- **Goal:** Facilitate Effective Coping
- **Underlying principles:** Mood & Memory Association; Social Connections
- **Interventions:** Pt-Preferred Music, Music-Assisted Life Review/Reminiscence, positive-shared experience, supportive counseling techniques.
- **Preferred Music:** 70's rock, Led Zeppelin, Allman Bros., Tom Petty, Neil Young
- **Song:** "Harvest Moon" by Neil Young

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Music Therapy: Case Study 2

- **Patient:** (82 y/o Female with Heart Failure & Colitis)
- **Problem:** Intense Pain whenever repositioned - due to colitis
- **Goal:** Alternate Engagement During Painful Procedure (bed bath)
- **Underlying Principles:** Weaken Pain Signals (Amygdala); Modulate Heart Rate, Blood Pressure & Respirations
- **Interventions:** Music-Assisted Relaxation, Iso-Rhythmic Principle, Improvised Music, Pt-Preferred Music, alternate engagement/refocus, comforting presence.
- **Preferred Music:** Elvis
- **Song:** Improvised Music with Open-Ended Imagery

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Experiential



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Contact Information

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Resources

➤ Resources: Art Therapy

- AATA American Art Therapy Association:
<http://www.arttherapy.org>
- MATA Missouri Art Therapy Association:
<http://www.missouriarttherapy.com>
- IATO International Art Therapy Association:
<http://www.internationalarttherapy.org>
- ATWB Art Therapy Without Borders
<http://www.atwb.org>
- Art Therapy Alliance
<http://www.arttherapyalliance.org>
- Medical Art Therapy
<http://medicalarttherapy.org>
- Global Alliance for Arts & Health
<http://thesah.org>



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Resources

➤ Resources: Music Therapy

- American Music Therapy Association (AMTA)
<https://www.musictherapy.org>
- Certification Board for Music Therapists (CBMT)
<https://www.cbmt.org>
- Drury University Center for Music Therapy & Wellness
<https://www.drury.edu/music/drury-university-center-for-music-therapy-and-wellness/>
- Maryville University Music Therapy Department
<https://www.maryville.edu/hp/music-therapy/>
- University of Missouri Kansas City Music Education and Music Therapy Conservatory
<https://conservatory.umkc.edu/areas-of-study/music-education-and-music-therapy.html>



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Zammit, Carmen (2001). The art of healing: A journey through cancer: implications for art therapy. *Art Therapy: The American Journal of Art Therapy* 18(1) pp. 27-36