



Music is great for entertainment, but it can be that and so much more!

We'd like you to consider using Life In Harmony Music Therapy, LLC (LIH) for your musical needs. LIH offers a variety of music group options ranging from music to engage and entertain (Music Entertainment), music to enhance one's quality of life (Music Enrichment Groups), music that is designed with a specific clinical need and functional purpose (Music Therapy Groups). If you are looking to enhance your current recreation offerings or rehab program, LIH is eager to help design a program that is sure to engage and motivate participants.

Here's what we have to offer:

- **Music Entertainment:** Offers an opportunity for participants to enjoy high-quality music performances. Musical selections will be based on requested songs prior to the event as well as the general genres preferred by the demographics of the audience. Music entertainment is a great way to offer special programming for patriotic holidays, seasonal holidays, or special events such as a monthly birthday party. In music entertainment, instruments are brought in and used by the therapist to put on a "show" for the audience. We are able to bring small percussion instruments for individuals to play along as they wish. No additional instruction or discussion is used with music entertainment. We are happy to learn specific songs for a planned event or even field requests on the spot! The LIH staff are happy to perform for a small group of ten guests or a group of one hundred or more!
- **Music Enrichment:** Focus is on the music and the music-based experiences incorporated in each group. During Music Enrichment programming, the music therapist structures each group in a way to foster group involvement through sharing, learning, contributing, responding, reminiscing, and of course, making music together! It is important to note that active participation is not required by participants. Music Enrichment groups are often designed with a theme or focus as a way to create a common ground to bring participants together quickly. One of the best ways to engage participants is through the use of age-appropriate instruments that are brought into the session with the goal of inviting others to actively contribute to the music-making experience. While music enrichment groups are entertaining for participants, additional planning and materials are utilized to carry out programs. Each group has one or two group objectives, focus items, or "take away" items. Individuals' music preferences, abilities, age, etc. are all taken into consideration in planning for Music Enrichment sessions; however, areas of need (i.e. cognition, communication, etc.) are not addressed or targeted during these groups as they would be in a music therapy session. It is often recommended that Music Enrichment groups be limited to ten individuals to allow an opportunity for individuals to fully engage.
- **Music Therapy:** 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 (college degree). Music is used with a functional purpose such as motivating and structuring movement, eliciting speech, facilitating social interaction, and organizing thought processes. In older adults, music therapy is often used similarly to other allied health professions to restore or maintain functioning of motor skills, communication skills, cognition, independence, quality of life, and dignity. In addition, music therapy is often used to support individuals in end of life through life review as well as assisting in symptoms that are present at end of life such as agitation, confusion, sleep difficulties, etc. Music therapy focuses on the clinical and functional needs of an individual and music-based interventions are used to target these areas of need or skills. Individualized goals are created and a music

therapy treatment plan is implemented to make gains towards goals and objectives, even within a group setting. NMT (Neurologic Music Therapy) is a specialization within the field of music therapy where the therapist focuses on specific neurologic function and response to music and these interventions can be used to make gains towards the objectives and outcomes. It is recommended that music therapy groups be limited to six to eight individuals, depending on level of need. This allows the therapist to individualize the service provided and provide additional support if needed. The therapist may request additional support staff to assist for hand-over-hand assistance or other safety supports.

- **Entertainment, Enrichment, Therapy... How do I chose what is right for our organization?**

The best way to start is to ask yourself “What is the desired goal or outcome of your program/group/event?”

- Are you looking for participants to have fun and be entertained? Are you looking for music to improve mood, bring groups together, highlight a recent holiday, birthday, or celebrate an upcoming event? **Entertainment.**
- Are you looking to expand opportunities for participants to engage and share through music where there is a common theme/group goal/skill to be learned? In music enrichment, the purpose of the music is to create a space to express, engage, share, and participate. **Enrichment.**
- Are you looking to address areas of need such as motor, communication, cognition, emotional regulation, etc.? In music therapy sessions, the purpose of the music is to serve as a vehicle to achieve desired therapeutic outcomes. The focus is on the area of need. For example, in a music therapy group for individuals with Parkinson’s disease, concentration may be on improving fluidity of movement. Therefore, the music and/or instruments used in a session would promote the desired movement goal. **Music Therapy.**

Understanding the goal and purpose of your program will help LIH direct you towards what type of programming makes the most sense for the anticipated participants and your organization.

Why consider utilizing a music therapist for your music programming?

The music therapist has training in adapting music experiences for all abilities, moods, genres, interests, and participation levels. In addition to the additional training in adapting music for functional purposes, music therapists are trained musicians who often have a very wide and eclectic array of music to bring for an event. For Music Enrichment groups, each group is carefully planned to ensure that the participants are engaged and offer many opportunities to participate. This is done through appropriate music selections, use of age-appropriate instruments or props, printed lyric sheets or visuals, as well as a creative theme that will carry from session to session. For music therapy sessions, the therapist is continually assessing progress, reassessing areas of need, modifying the facets of music (tempo, volume, chords used, etc.) to evoke positive and desired responses. Music therapists study how to use music to promote predictable responses which allows a music therapist the knowledge of how to use music to control the mood, energy, engagement, and feel of a group or individual session.

Music Therapists are skilled at facilitating a wide variety of music programs and services due to his/her

- High quality music ability to ensure enjoyable and successful musical experiences.
- Ability to adapt for any individual's' age or functioning level.
- Knowledge of multi-generational repertoire.
- Group engagement/therapeutic leading skills developed through clinical training.
- College degree in music therapy, which focuses on music, psychology, and anatomy.
- Additional training and clinical reviews in the area of Neurologic Music Therapy.
- For more information about the profession of music therapy please visit www.musictherapy.org.

We look forward to hearing how you would like to use music to entertain, engage, and expand functioning!