

Music in Health Care Symposium

Wednesday, February 7, 2024

7:30 a.m. – 4:00 p.m.

Houston Methodist Research Institute
John F. Bookout Auditorium
6670 Bertner Avenue

PROGRAM OVERVIEW

Music in Health Care is a one-day symposium exploring the applications of music in health care settings and the fields of music enrichment, music medicine, and music therapy.

TARGET AUDIENCE

Physicians, nurses, resident/fellows, researchers, physical therapist, speech therapist, occupational therapist, music and health practitioners, social workers, music therapists.

CONTINUING EDUCATION CREDITS

PHYSICIANS

Houston Methodist is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Houston Methodist designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Keynote Speaker



Suzanne B. Hanser, Ed.D., MT-BC is Founding Chair Emerita & Professor of Music Therapy at Berklee College of Music and President of the International Association for Music & Medicine. She is Past President of the World Federation of Music Therapy and National Association for Music Therapy.

Her books include *The New Music Therapist's Handbook*, *Integrative Health through Music Therapy: Accompanying the Journey from Illness to Wellness* and *Manage Your Stress and Pain*, book and CD, with Dr. Susan Mandel. Her most recent book, *Music for Wellness: Feel the Music, See the Light* will be published this year. Her courses on music and wellness may be found on Coursera and Berklee Online.

She has published research in multi-disciplinary journals and is the recipient of many awards, including AMTA's Lifetime Achievement Award.

Program Schedule: Music in Health Care Symposium Feb. 7, 2024

7:30	Breakfast, Registration and Live Music	Jimmy Smith, Guitarist
8:00	SESSION ONE: KEYNOTE and PANEL DISCUSSION	
	Welcome and Introduction	J. Todd Frazier Jennifer Townsend, MMT, MT-BC Virginia Gray, MT-BC
	Keynote Speaker <i>Suzanne Hanser provides insight into the fields of music therapy, music medicine and music integration.</i>	Suzanne Hanser, EdD, MT-BC
	Question and Answer with Keynote Speaker	
	PANEL 1: Harmony in Healing: Exploring Insights from the Center for Performing Arts Medicine <i>CPAM team members discuss how arts in health has been implemented by CPAM.</i>	Shay Thornton Kulha, MBA, MFA Elizabeth Laguaite, MM, MT-BC M.J. Gallop, MM, M.Div. J. Todd Frazier Trish Winter, PhD, MT-BC
9:55	Morning Break	
10:10	SESSION TWO: SYMPOSIUM PRESENTATIONS	
	Voices Echo: The Ripple Effect of Empowering Patients to Share their Cancer Journey through Songwriting <i>With support from music therapists, original music was written by patients related to their cancer journey. These songs were combined into a collaborative album "Voices."</i>	Sarah Rossi, MM, MT-BC Ashley Lundquist, MT-BC
	"Still Singing" Through COVID Times! <i>A chaplain worked with over 60 Houston Methodist staff members to create a music video, providing a shared team-building experience.</i>	Brian Gowan, Chaplain, Singer/Songwriter

	<p>Therapeutic Uses of GarageBand in Songwriting</p> <p><i>Use of the program GarageBand can be incorporated into music therapy practice to enhance breadth and modality of treatment through multifaceted recording capabilities, MIDI instruments, and electronic songwriting.</i></p>	Mary Kate Becnel, MM, MT-BC
	<p>The Impact of an Artist in Residence throughout Houston Methodist Hospital</p> <p><i>An Artist in Residence can collaborate with medical professionals to facilitate meaningful artistic encounters for patients, caregivers, and clinicians and to promote an experience of artful and compassionate well-being.</i></p>	Emily Klein, MM, Stephanie Janczak, CTRS
	Question and Answer with Morning Presenters	
12:00	Lunch and Live Music	Dehner Franks, Pianist, Singer/Songwriter
12:30	SESSION THREE: POSTER SESSION AND PANEL DISCUSSION	
	<p>Poster Session</p> <p><i>Topics include environmental music therapy, the use of music in end-of-life care, an artist in residence, patient satisfaction outcome measures, a music therapy and art therapy collaboration, neonatal music therapy, and music medicine.</i></p>	<p>Hannah Mata, MMT, MT-BC, MT-NICU Maria Hernandez, PCA Majesca Wong, MT-BC Emily Klein, MM Hannah Mata, MM, MT-BC Elizabeth Laguaitte, MM, MT-BC Addy Purdy, MA, ATR, LPC- Associate Sarah Rossi, MM, MT-BC Stephi Cham, MA, MT-BC Shay Thornton Kulha, MBA, MFA Ashley Lundquist, MT-BC M.J. Gallop, MM, M.Div.</p>
1:00	<p>PANEL 2: Navigating the Impact: Music in Health Care – Perspectives from Medical Providers</p> <p><i>Various medical providers offer perspectives on using music in the health care setting.</i></p>	<p>J. Todd Frazier Vincent Valentine, MD, FACP, FCCP Atiya Dhala, MD, FACP Ben Renfrow, PT, DPT, OCS, SCS, FAAOMPT Terry Clark, BSN, RN, NE-BC</p>

1:40	SESSION FOUR: SYMPOSIUM PRESENTATIONS	
	<p>Directed Music Listening for Stroke Recovery</p> <p><i>To develop a better understanding of the effects of music listening on the brain, CPAM tested both music with emotional attachment and unfamiliar music on healthy subjects while undergoing fMRI assessment and found increased brain activation in the emotion and memory areas with familiar music and in the focused attention areas with unfamiliar music.</i></p>	<p>J. Todd Frazier John J. Volpi, MD Jennifer Townsend, MMT, MT-BC</p>
	<p>Music on My Mind: Music Therapy and Stroke Rehabilitation</p> <p><i>Presenters review the efficacy, history, and impact of music therapy in the post-acute stroke rehab population detailing specific therapies and modalities.</i></p>	<p>Riya Bhavsar, MD John Volpi, MD</p>
2:25	Afternoon Break	
2:40	<p>Music Medicine: Impact on Post-Operative Patients</p> <p><i>Music was introduced as an intervention to control post-operative pain and alleviate anxiety among patients who underwent elective abdominal surgery.</i></p>	<p>Pinky Shani, PhD, MSN, RN Mehjabeen Momin, BSN, CVRN-BC</p>
	<p>Creative Arts Therapy on Inpatient Psychiatry</p> <p><i>Creative arts therapy groups promote healing and recovery within the context of inpatient psychiatric care through collaborative art and music interventions.</i></p>	<p>Jessica Hernandez, MT-BC Addy Purdy, MA, ATR, LPC- Associate</p>
	Question and Answer with Afternoon Presenters	
	Closing Comments and Course Evaluation	<p>Robert E. Jackson, MD, MACP Jennifer Townsend, MMT, MT-BC Virginia Gray, MT-BC</p>
4:00	ADJOURN	

Music in Health Care Glossary

Allied Health Professional

"A distinct group of health professionals who apply their expertise to prevent disease transmission, diagnose, treat and rehabilitate people of all ages and all specialties" (International Chief Health Professions Officers, 2012)

Art Therapy

"A mental health 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)

Artist in Residence

An artist who uses purposeful integration of their art medium to facilitate meaningful artistic encounters for patients, caregivers and clinicians and to promote an experience of artful and compassionate well-being

Arts in Community Health

Using the arts within community health or public health settings

Arts in Healthcare/Arts in Medicine

Using the arts within clinical settings

Arts in Health

A broad and growing academic discipline and field of practice dedicated to using the power of the arts to enhance human health and well-being in diverse institutional and community contexts

Arts Integration

CPAM team that implements artistic programming throughout the Houston Methodist system for employee and patient enrichment

AT-R

“Credential that ensures an art therapist meets established standards, with successful completion of advanced specific graduate-level education in art therapy and supervised post-graduate art therapy experience” (Art Therapy Credential Board)

Center for Performing Arts Medicine (CPAM)

Center within Houston Methodist that supports artists’ health and the use of the arts in environments of care through arts-oriented programming, the creative arts therapies, research, community collaborations and educational outreach

Creative Arts Therapies

"Human service professionals who use distinct arts-based methods and creative processes for the purpose of ameliorating disability and illness and optimizing health and wellness” (www.nccata.org)

Expressive Arts Therapy

A professional field that “combine(s) the visual arts, movement, drama, music, writing and other creative processes to foster deep personal growth and community development” (www.ieata.org)

Medical Professional

A nurse, doctor, or other professional licensed, registered, or certified to provide medical care

MT-BC (Music Therapy Board Certification)

A credential regulated by the Certification Board for Music Therapists that demonstrates advanced clinical competence in music therapy

Music-Assisted Intervention

An intentional action by a health care professional that integrates the use of music to produce a specific outcome

Music Integration

The non-clinical use of music, delivered by a trained musician to enhance the environment of care, improve the patient's experience and promote holistic well-being

Music Medicine

"Passive listening to prerecorded music provided by medical personnel" (Yinger & Gooding, 2014)

Music Therapist

An allied health professional who holds the MT-BC credential and provides music therapy

Music Therapy

"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)