

# NASAP 2017 Annual Conference Vancouver, CA

Getting to early recollections through music:  
The Then, The Now,  
The Emotion, The Physiology:  
Tying it Together

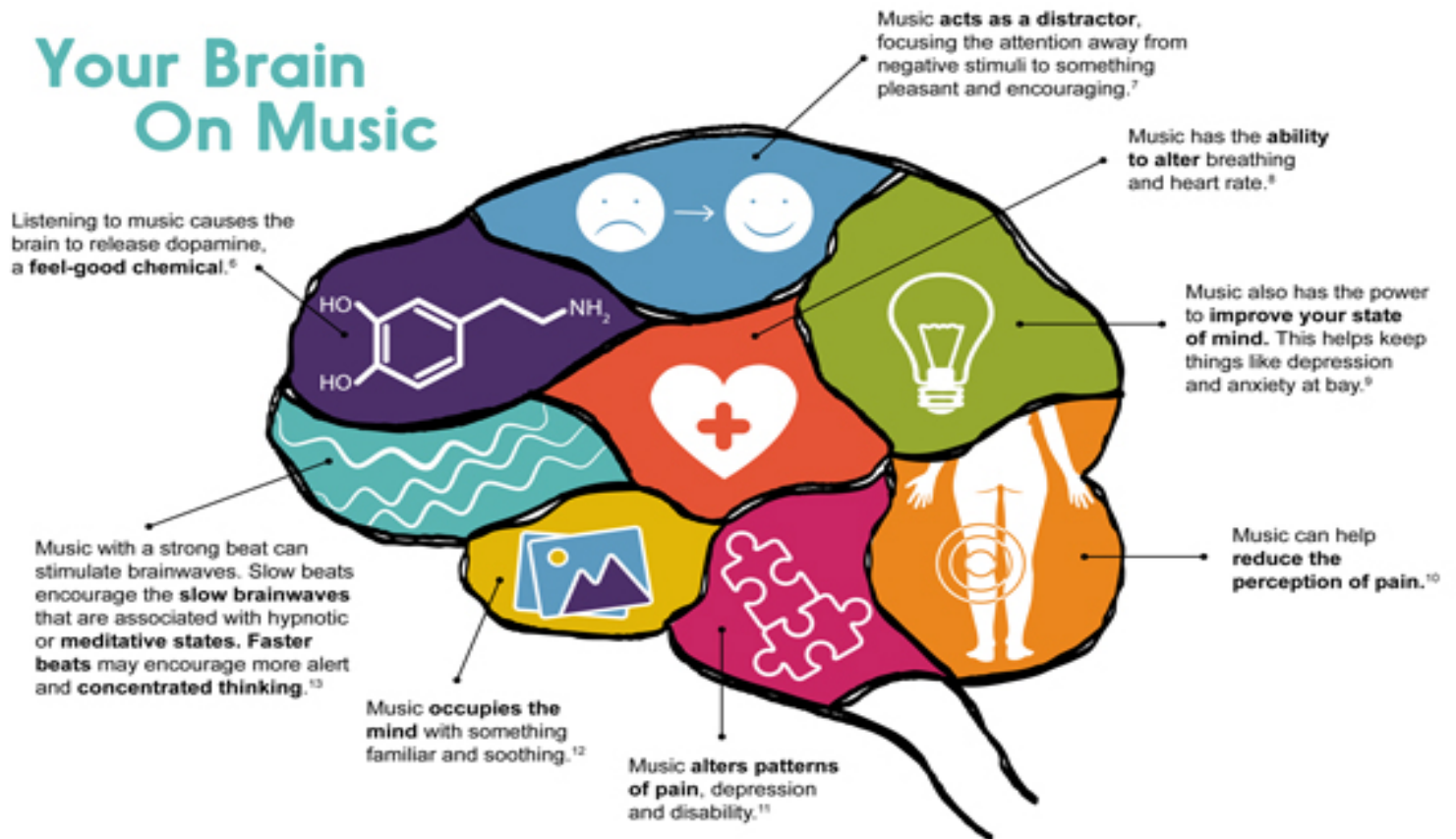


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You can tell a lot  
about my **Moods** from  
my *Music*. So instead  
of asking if I'm  
**OKAY**, ask me  
what **Song** I'm  
Listening to.

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.<sup>5</sup>

## Your Brain On Music



### Try music therapy at home:

- 1 Choose your music based on the purpose of your therapy. For example, choose soft instrumental music or ocean sounds to relax. For pain management, look for music that focuses your mind on things other than your pain and discomfort.
- 2 Sit back and relax. Take deep breaths, close your eyes and let the sound of the music take over your thoughts.
- 3 Listen and concentrate. Enjoy the music for 10-15 minutes as you allow your mind and body to relax and rejuvenate.

### Music therapy can involve:

- making music
- listening to music
- writing songs
- talking about lyrics

### Add a little music to your day!

- Humming is often recommended for calming the mind and relieving stress.<sup>14</sup>
- Experts believe that rhythmic drumming can aid health by promoting a sense of relaxation, reducing stress and lowering blood pressure.<sup>15</sup>
- Playing an instrument for just six months can improve memory, verbal fluency, cognitive function and planning and organizing abilities.<sup>16</sup>

<http://tinyurl.com/mq6s5uk>

## Music on the mind

When we listen to music, it's processed in many different areas of our brain. The extent of the brain's involvement was scarcely imagined until the early nineties, when functional brain imaging became possible. The major computational centres include:

**CORPUS CALLOSUM** ☞  
Connects left and right hemispheres.

**MOTOR CORTEX** ☞  
Movement, foot tapping, dancing, and playing an instrument.

**PREFRONTAL CORTEX** ☞  
Creation of expectations, violation and satisfaction of expectations.

**NUCLEUS ACCUMBENS** ☞  
Emotional reactions to music.

**AMYGDALA** ☞  
Emotional reactions to music.

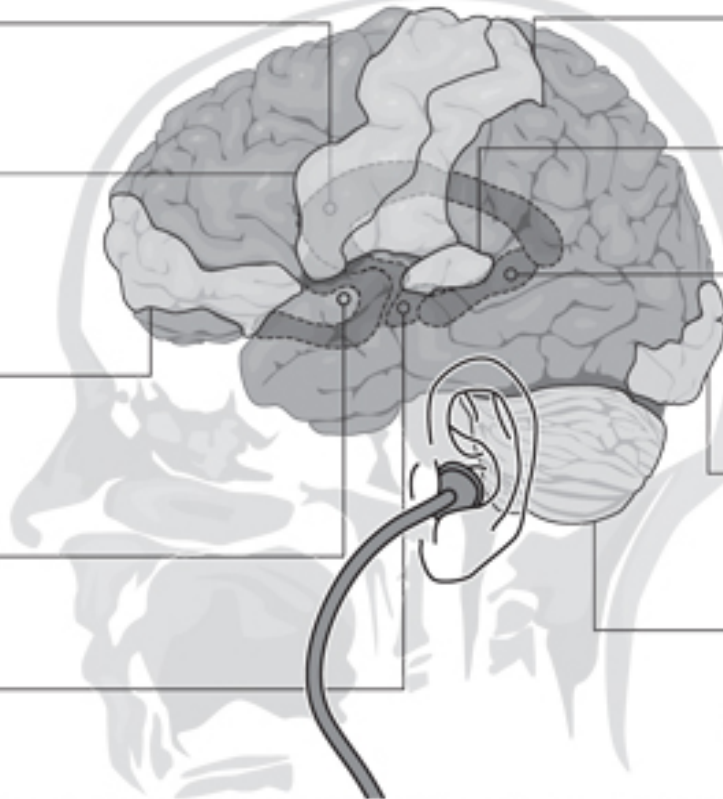
**SENSORY CORTEX**  
Tactile feedback from playing an instrument and dancing.

**AUDITORY CORTEX**  
The first stages of listening to sounds. The perception and analysis of tones.

**HIPPOCAMPUS**  
Memory for music, musical experiences and contexts.

**VISUAL CORTEX**  
Reading music, looking at a performer's or one's own movements.

**CEREBELLUM**  
Movement such as foot tapping, dancing, and playing an instrument. Also involved in emotional reactions to music.



# Why Early Recollections?

“Memory of early childhood experiences is selective and serves the function of helping us to be unconsciously guided by “rules” about life, ourselves and other people...

The position that individuals create their own rules about life, themselves and others which are useful to them in coping with life situations, provides for the value of self-examination at any point regardless of one’s age.

Equally important, the avenue for examining the meaning that we have given to life is readily available in one of the past-times of many older persons—reminiscing.”

(Sweeny & Myers, 1986)

*Issues Addressed by*  
**Music Therapists**

**Anxiety**

**Confusion**

**Depression**

**Grief**

**Impaired Communication**

**Ineffective Coping**

**Memory Loss**

**Pain**

**Restlessness**

**Social Isolation**

**Music Therapy**

- a. Evidence-based use of music in clinical situations that help people reach desired health outcomes.
- b. Licensed music therapist
- c. Special training

## Definition

- American Music Therapy Association (AMTA), 1998

Music therapy is allied health profession in which music is used within a therapeutic relationship to address physical, psychological, cognitive, and social needs of individuals



# Music Intervention

- a. Listening/interpreting response to music

- b. Guided imagery
- c. Playing an instrument in a therapeutic context or an experimental context
- d. Does not conform to the definition of the American Music Therapy Association  
[\(<http://www.apa.org/research/action/speaking-of-psychology/music-health.aspx>\)](http://www.apa.org/research/action/speaking-of-psychology/music-health.aspx)
- e. Knowing Your Own Background
- f. Being Aware of Biases
- g. Being Willing to Learn
- h. Meeting People Where They Are
- i. Being Non-Judgmental
- j. Familiarity with Music of Different Traditions
- k. Selecting Music for Spiritual Care

*Do these points match up well with  
Adlerian principles?*



*relax*

*entertain*

*celebrate*

*create*

*cheer up*

*express feelings*

*dance*

## Music is an Important Part



*worship*

*communicate*

*mourn*

*remember*

*energize*

*unite*

*work*

*motivate*

## of Cultures Around the World

Jeri Crosby © 2013

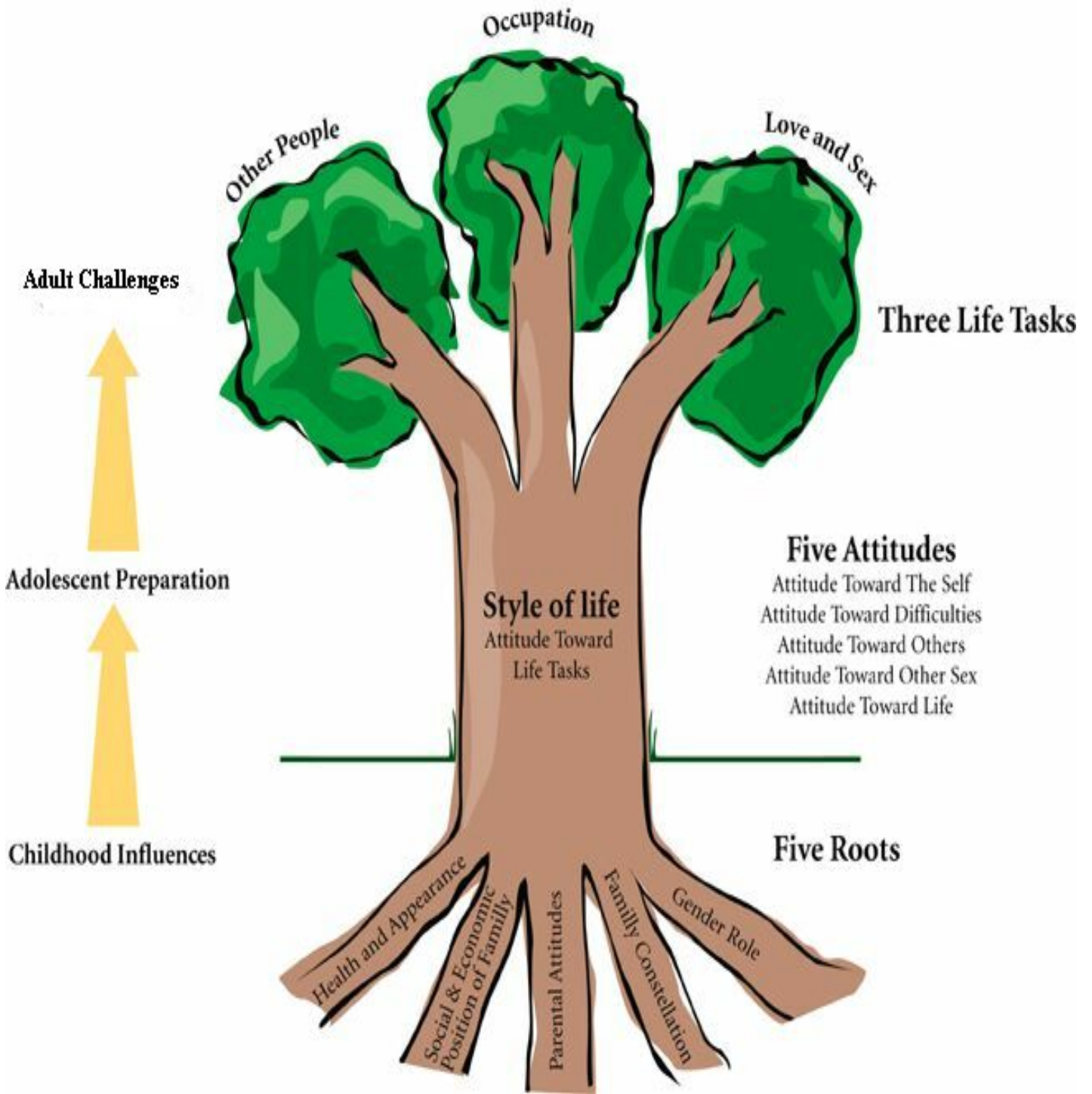
## The Viewing: Case Conceptualization

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### Life Style Assessment

**Basic Mistakes:** Faulty assumptions

- 1. Overgeneralizations:** exaggeration of contextual truths into global all-or-nothing truths. Ex. All men are the same.
- 2. False or impossible goals of security:** try to remove all risk from life. Making unreasonable demands on others.  
E.g.. "If you love me, you will never hurt me."
- 3. Misperceptions of life and demands:** not understanding inescapable rules of life. E.g..  
People die, survival takes effort, etc.
- 4. Minimization of denial of one's basic worth:** sense of personal inferiority and deny intrinsic worth. E.g..  
"Why would anyone want to love me; I am inherently flawed."
- 5. Faulty values:** as a way of coping with life. E.g..  
"If I am successful enough and achieve enough, people will have to love me."



Memories, pressed between the  
pages of my mind. Memories,  
sweetened through the ages just  
like wine.

Elvis Presley