





2023
**GRIEF
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The Rhythm of Emotion: The Use of Music Therapy to Give Voice to Grieving Children & Adolescents

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Adult, Child, & Adolescent Grief Coordinator
Four Seasons
February 1, 2023



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About The Presenter

Amy Entwistle, a board-certified music therapist, is an Adult, Child, and Adolescent Grief Coordinator at Four Seasons. Amy graduated with a bachelor's degree in music performance with a minor in psychology from High Point University. She earned her Master of Music Therapy degree from Appalachian State University. She has worked as a hospice music therapist and bereavement counselor. Amy uses a body-mind-centered approach and various creative art modalities to meet the needs of grieving children, adolescents, and their families.

About The Session

This presentation will explore the use of music therapy as a powerful tool for grieving children and adolescents. Participants will have the opportunity to gain information and knowledge about the interconnection between child and adolescent grief and music therapy, discover ways of incorporating music therapy techniques with this population through clinical examples and guided practice, and engage in music therapy experiences that may be used in self-exploration of their own grief journey.




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Let's Chat

Who are you and where are you joining from today?




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COMPASS






- Four Seasons is an award-winning, nationally recognized non-profit organization serving the 13 most western counties in North Carolina.
- **Mission:** Co-Creating the Care Experience
- **Vision:** Innovate Healthcare, Influence Humanity, Impact Life
- **Service Lines:** Care Navigation, Home Care, Palliative Care, Hospice Care, Grief Services

- Compass is the Four Seasons child and adolescent grief program, providing grief support to those age 3-18 years old and their families.
- Like a Compass, we strive to help children and adolescents find their direction and navigate their journey through grief as they experience or have experienced the anticipated or unexpected death of a loved one.




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-  Make yourself comfortable to be fully present.
-  Use the chat to engage during the webinar.
-  For targeted questions, use the Q&A function.
-  Use this time in the way that is best for you.
-  Be kind to yourself.



Gentle Reminders



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Learning Objectives



- Define**
 - Define music therapy.
- Discuss**
 - Discuss the role of music therapy in grief and bereavement.
- Describe**
 - Describe three music therapy experiences that can be used in child and adolescent grief.

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Learning Objective #1: Define 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.

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Professional Requirements for Music Therapists

A board-certified music therapist holds a bachelor's degree or higher in music therapy.

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Music therapists have training in:

Musical foundations	Clinical foundations	Music therapy foundations
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In addition, the bachelor's degree requires 1200 hours of clinical training, including a supervised internship site.


↓

Upon completion of the bachelor's degree, music therapists are eligible to sit for the national board certification exam to obtain the credential MT-BC (Music Therapist-Board Certified), which is necessary for professional practice.

↓


Graduate degrees in music therapy focus on advanced clinical practice and research.





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What is Music Therapy?




www.musictherapy.org

We work as a whole - on a bio-psycho-social spectrum.

- Physical
- Emotional
- Spiritual
- Cognitive
- Social

Music therapy interventions can address a variety of healthcare and educational goals.

- Promote wellness
- Manage stress
- Alleviate pain
- Express feelings
- Enhance memory
- Improve communication
- Promote physical rehabilitation





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What Music Therapy Is vs. What Music Therapy Is Not

- Examples of what credentialed music therapists do:
 - Work with Congresswoman Giffords to regain her speech after surviving a bullet wound to her brain.
 - Work with older adults to lessen the effects of dementia.
 - Work with children and adults to reduce asthma episodes.
 - Work with hospitalized patients to reduce pain.
 - Work with children who have autism to improve communication capabilities.
 - Work with premature infants to improve sleep patterns and increase weight gain.
 - Work with people who have Parkinson's disease to improve motor function.



- Examples of therapeutic music, but are not clinical music therapy:
 - A person with Alzheimer's listening to an iPod with headphones of his/her favorite songs
 - Groups such as Bedside Musicians, Musicians on Call, Music Practitioners, Sound Healers, and Music Thanatologists
 - Celebrities performing at hospitals and/or schools
 - A piano player in the lobby of a hospital
 - Nurses playing background music for patients
 - Artists in residence
 - Arts educators
 - A high school student playing guitar in a nursing home
 - A choir singing on the pediatric floor of a hospital

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Learning Objective #2: Discuss the role of music therapy in grief and bereavement.

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Music therapy allows those that are grieving to:



Explore	Explore personal feelings
Make	Make positive changes in mood and emotional states
Have	Have a sense of control over life through successful experiences
Practice	Practice problem solving
Remember	Remember the loved one
Maintain	Maintain the relationship with the loved one
Resolve	Resolve conflicts leading to stronger family and peer relationships





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Let's Chat

Have you had the experience of a song eliciting a memory or feeling?

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Types of music therapy interventions:

Music therapy interventions addressing goals around emotional identification and expression as well as coping skills may be helpful in grief.

- Music listening
- Song discussion
- Lyric analysis
- Memory reminiscence
- Art to music
- Songwriting
- Instrument playing
- Singing
- Improvisation
- Musical games
- Movement to music

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Music Therapy in Child & Adolescent Grief



- An evidence-based way to meet the needs of children and adolescents of various ages and developmental levels
- A multi-modal means of expression, both verbal and non-verbal
- A source of intrinsic motivation for children and adolescents to engage in therapy

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Questions?



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Learning Objective #3:
Describe three music
therapy experiences that
can be used in child and
adolescent grief.



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If You're Happy & You Know It

- Song Re-Writing
- Instrument Playing
- Singing
- Movement to Music

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If You're Happy & You Know It

judi's house JAG Institute
For Grieving Children and Families

"Coping Pillow" Song (Ages 3 -9)

After a special person dies, you may have lots of thoughts and feelings that are hard to talk about. You may feel like you need to stuff your grief inside of you. If you let a lot of hard feelings build up and you don't find ways to let them out, then they could build up to the point that they come out all at once or make you feel out of control. If you let your feelings out carefully, a little at a time, by talking to people or using coping skills, then your grief won't feel so big or overwhelming.

Grab a pillow off of the couch or bed. One side of the pillow can be used for getting out your feelings, while the other side can be used as a form of comfort.

This song will show you how to use the pillow. You can sing it to the tune of "If You're Happy And You Know It." We added new words, because we know when you're grieving you don't always feel happy. Sometimes, you feel angry, scared, sad, or cranky and need to find a way to show it.

You can sing these words and follow the actions:

If you're angry and you know it, punch your pillow
 If you're angry and you know it, punch your pillow
 If you're angry and you know it, then your hands will safely show it
 If you're angry and you know it, punch your pillow

If you're scared and you know it, scream in your pillow.
 If you're scared and you know it, scream in your pillow.
 If you're scared and you know it, then your voice will safely show it
 If you're scared and you know it, scream in your pillow.

Now, flip over your pillow to the comfort side. This is the side we can use to take care of ourselves when we are feeling sad or upset.

If you're sad and you know it, hug the pillow.
 If you're sad and you know it, hug the pillow.
 If you're sad and you know it, then your hands will safely show it
 If you're sad and you know it, hug the pillow.

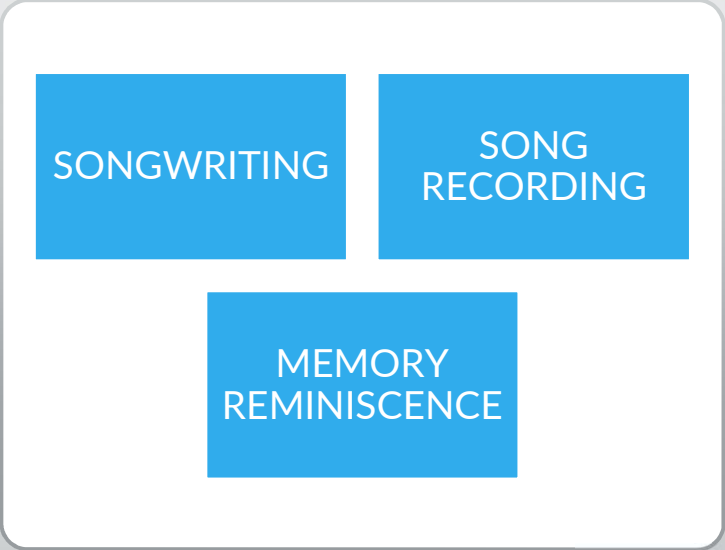
If you're cranky and you know it, rest on the pillow.
 If you're cranky and you know it, rest on the pillow.
 If you're cranky and you know it, then your body will safely show it,
 If you're cranky and you know it, rest on the pillow

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What I Wish Today



SONGWRITING

SONG RECORDING


MEMORY REMINISCENCE




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What I Wish Today




At just 12 years old, Erica is grieving the loss of her beloved Mammaw, Donna Forsythe. Erica explains, "I chose to write a song in memory of my Mammaw because we used to sing songs together often. She would sing to me and then whistled to the birds, and the birds would sing back! I still really miss her, but visits from my Compass counselor have made it a bit easier."




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Glitter by Patrick Droney







Music listening



Song discussion



Lyric analysis



Art to Music

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String of lights on the door
Welcome back to your life
This is worth living for
There's so much left in store

And we don't, get to choose
Who we get to love
Or who it is we're gonna lose
Or what breaks our hearts in two

But no one really dies if the love remains
'Cause nothing that dies really goes away

See grief, it's just like glitter
It's hard to brush away
Bright light and it still shimmers
Like it was yesterday
And it falls like confetti
All of the memories explode like a hand grenade
And it's sweet and it's bitter
Grief, it's like glitter
Oh, what a mess it makes
What a mess it makes

Past denial and the rage
The what if and the praying on the
hardest days
You accept what you can't change

But no one really dies if the love
remains
Yeah, nothing that dies really goes
away

See grief, it's just like glitter
It's hard to brush away
Bright light and it still shimmers
Like it was yesterday
And it falls like confetti
All of the memories explode like a
hand grenade
And it's sweet and it's bitter
Grief, it's like glitter
Oh, what a mess it makes
What a mess it makes

I think life's a party
Something you should celebrate
Some people leave early
And others get to stay
And hearts, they burst like fireworks
At the end of the parade

See grief, it's just like glitter
It's hard to brush away
Bright light and it still shimmers
Like it was yesterday
And it falls like confetti
All of the memories explode like a
hand grenade
And it's sweet and it's bitter
Grief, it's like glitter
Oh, what a mess it makes
What a mess it makes

Glitter by Patrick Droney



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Let's Chat

Are there any lyrics that are meaningful to you?
 Is your grief like glitter? If so, in what way?
 If not, what metaphor might you use for your grief?



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Learning Objectives

Define

- Define music therapy.

Discuss

- Discuss the role of music therapy in grief and bereavement.

Describe



- Describe three music therapy experiences that can be used in child and adolescent grief.



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Let's Chat

What have you learned?
What techniques might you implement?






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Q & A





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Grief Services Upcoming Events



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Resources & References

- American Music Therapy Association: www.musictherapy.org
- Certification Board for Music Therapists: www.cbmt.org
- Coping Song Activity: www.youtube.com/watch?v=k5jZ0mHsopc
- Four Seasons, The Care You Trust: www.fourseasonscare.org
- Grief Talks: Caring Place Webinars: www.highmarkcaringplace.com/cp2/events/webinars
- Music Therapy in Child and Adolescent Behavioral Health: www.musictherapy.org/assets/1/7/FactSheet_Music_Therapy_Child_Adolescent_Behavioral_2019.pdf
- Music Therapy Intervention Series: Lyric Discussion: www.metromusicmakers.com/2019/11/music-therapy-intervention-series-lyric-discussion
- Songs That Heal: Music Therapy Tools & Techniques for Grief with Molly G. Hicks, MMT, MT-BC: www.mindfulnessandgrief.com/molly-hicks-music-therapy-for-grief

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Further Reading

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Christenbury, K. R. (2017). I will follow you: The combined use of songwriting and art to promote healing in a child who has been traumatized. *Music Therapy Perspectives*, 35, 1-12. doi:10.1093/mtp/miv005



Dalton, T. A., & Krout, R. E. (2006). The grief song-writing process with bereaved adolescents: An integrated grief model and music therapy protocol. *Music Therapy Perspectives*, 24(2), 94-107. doi:10.1093/mtp/24.2/93

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Hilliard, R. E. (2007). The effects of orff-based music therapy and social work groups on childhood grief symptoms and behaviors. *Journal of Music Therapy*, 44 (2), 123-138. doi:10.1093/jmt/44.2.123

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