

Music Therapy & Neuro-Rehab

- *Brain Injury*
- *Spinal Cord Injury*
- *Stroke*
- *Neurologic disease i.e. Parkinsons, MS, GBS, Huntingtons*
- *Considerations for Dementia & Alzheimers*

1) Adapting ACT/MNT: (Stroke, BI, SCI, Demetia/Alzheimers)

“Knock Three Times” - Tony Orlando

- This song contains 2 different and specific cues; the client must maintain sustained attention, memory, and sensorimotor regulation

2) Expressive & Receptive Communication Assessment: ‘MT Pictionary’ (Stroke/BI/Dementia & Alzheimers)

- Presenting or drawing different images *start simple and graduate in complexity; use familiar objects or concepts such as:
 - Sun (Here Comes the Sun, You are my Sunshine, Walking on Sunshine)
 - Shoes/Boots (Blue Suede Shoes, These Boots are Made for Walking)
 - Car/Truck (Cadillac Ranch, Truck Drivin’ Man, Roll on 18 Wheeler)
 - Road (Country Road, On the Road Again)
 - Ocean (Under the Boardwalk, Under the Sea, maybe songs by the Beach Boys)
 - House (Green Green Grass of Home, Home Sweet Home, The House that Built Me)
 - Rainbow (Somewhere Over the Rainbow, Rainbow, Rainbow Connection)

As you identify your clients preferences and learn more about your clients family, vocations, culture and experiences you can incorporate very specific images linked to specific songs, genres and artists.

- Use a more complex image (with more elements) with specific client preferred songs in mind: can you find the _____.
- Then incorporate the corresponding song for MUSTIM/TS

3) Therapeutic Songwriting:

’Illness to Healing Journey’

Other considerations:

- Use of metronome for rhythmic stimulation and to assess entrainment at a base level; rhythm is one of our greatest tools; the removal of some of the more complex information (melody, harmony, lyric) can be impactful; using hummed melody or body percussion or instrument playing in tandem with the metronome can provide new insight into entrainment/ proprioceptive behaviours