



# SOUND CONNECTIONS MUSIC THERAPY NEWS

*Brenda Johnson, BMT*



*Flowers are in bloom, and fields are planted, and we  
also have established more roots!*

*Opening* the doors to my private practice was a huge step toward being able to offer services that have never been available to the people of Nova Scotia. Music Therapy services are slowly expanding across the province and a dynamic group of therapists are working in many different settings as well as advocating the many applications that this unique therapy supports.



*Looking for a fun summer ?*

## LOOKING FOR FUN THIS SUMMER???

We will be offering summer programs for children and youth. Great opportunities in exploring, challenging, and developing goals and strategies in many areas while having a lot of fun! Our sessions:

- Provide people of all ages and abilities the means to have a voice in their world – and also be heard.
- Encourage members to use music, art and play as effective tools for expression and communication.
- Give attention to every participant as our groups are small in size.
- Provide professionally trained staff experienced in working in a variety of situations and environment.
- Help participants relax, reduce anxiety and stress, while promoting positive life experiences.
- Inspire social connections, positive moods, and enjoyment!

**MAKE A DIFFERENCE IN YOUR SUMMER!** Contact us for more information. Limited spaces available.

*“Music Therapy is useful with autistic children owing in part to the non-verbal, non-threatening nature of the medium.” – Autism Canada*

Another great website connecting autism: <http://carlsvoice.com/>  
**Carly's Voice | Changing the World of Autism**



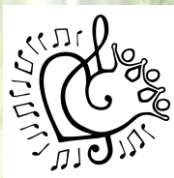
*Accomplishing social skills, turn taking, and self-confidence*

## Music Therapy Helps Gabrielle Giffords Find Her Voice After Tucson Shooting

By KATIE MOISSE, ABC News Medical Unit, March 8, 2011

Indeed, a person who has suffered an injury due to stroke or trauma may have difficulty speaking but be able to sing. (read more)...

[http://abcnews.go.com/Health/Wellness/gabrielle-giffordsmusictherapyrewiresbraintragedytucson/story?id=13075593&sms\\_ss=facebook&at\\_xt=4dbcb7df8930ffce%2C1](http://abcnews.go.com/Health/Wellness/gabrielle-giffordsmusictherapyrewiresbraintragedytucson/story?id=13075593&sms_ss=facebook&at_xt=4dbcb7df8930ffce%2C1)



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Throughout the summer months, I will be providing group music therapy for children and their families. **Valley Child Development Association** (VCDA) is a non-profit organization providing early intervention services for children with special needs. As one of the many services they provide, they offer summer day camps in July and August to a selected group of children throughout the valley. Working closely with families from Windsor to Greenwood area, a wonderful team of early interventionists provide a warm, safe and fun atmosphere to beat the summer heat! For more information visit: [www.nsnet.org/vcda/](http://www.nsnet.org/vcda/)

A music therapy day will be offered at the Annapolis Valley Autism Support Team day camp. For more information about this camp visit:

<http://www.annapolisvast.ca/>

*Parent Email: (from the Mom of a preschool age girl with autism)*

Hi Brenda,

Since starting music therapy sessions, \_\_\_\_ has made so many improvements in her speech. It was during one of her sessions when she started to say 'more' to play another song on the stereo. After she went home, she said 'more' to get some pop. She now says 'more' all the time, and she'll even say what she wants more of: 'more pop', 'more milk', etc. She has recently started to sing along with songs that she likes. She particularly likes 'Winnie the Pooh'. I sing a line of the song and leave a word for her to fill in the blank. I also hear her sing tunes on her own sometimes. (Just yesterday I found her strumming her toy guitar and singing). . . .

She really enjoys music and I know she will greatly benefit from further sessions with you. Thank you so much for the time you have spent with my daughter.

(November 2009)

She continued sessions for a total of 20 sessions. Music therapy assisted in her develop speech so much so that she was using complete sentences unprompted by the end of our work....she could identify varieties of instruments including xylophone; and engage in conversational language!

### *Blind Baby Music Therapy*

One of only a few ways a blind baby can connect with the world.

[HTTP://WWW.YOUTUBE.COM/WATCH?V=UTQGLDMJISM](http://www.youtube.com/watch?v=UTQGLDMJISM)

Book suggestion?

### **Musicophilia – Tales of Music and the Brain**

By Oliver Sacks

Alfred A. Knopf Canada, Toronto  
ISBN 978-1-4000-4081-0 (2008)

"Music is irresistible, haunting, and unforgettable, and in Musicophilia, Oliver Sacks tells us why." His tales describe the miracles that music brings us in a variety of ways while he bridges the gap between the neurological explanations of the brain and the human experience.

*Oliver Sacks is a physician and the author of nine other books. He lives in New York City, where he is a Professor of Clinical Neurology and Psychiatry at Columbia University.*

**Oliver Sacks - Musicophilia -  
Strokes, Language, and Music**

<http://www.youtube.com/watch?v=dFSE9E38vKk&feature=related>

## WHAT'S NEW IN FUND RAISING?

Erroll Nazareth with the Toronto Sun writes:  
Therapy for the soul, too

<http://www.rddavis.com/files/TorontoSunJan72011.pdf>

Musician supports the Canadian Music Therapy Trust Fund... Ron Davis is part of a benefit concert at Hugh's Room raising funds for the organization. Davis says, "That illustrated the primal power of music and gave me insight into the therapeutic potential of music," he adds. "We know that music affects the brain, the mind, the emotions. Its use as a therapeutic tool seems to me to be a necessary and important response to the needs of people out there who are suffering and in distress."

"We've done a lot of research on music because it touches on almost all of the most complex mental functions that we are capable of. Music is incredibly complicated, but we seem to be wired to do this. If you don't have music you won't die, but you won't be happy."

## SUBJECT FEATURE

**Music Therapy and Palliative Care****CANCER, AIDS, DEGENERATIVE DISEASES**

A person in the final stages of cancer, AIDS or a degenerative disease needs to be accompanied by individuals who respect the specific needs of this final stage of life. The person can have significant difficulties expressing his/her emotions and communicating with his/her loved ones. The person may feel distressed at having to cope with pain, multiple losses and the fact that he/she will have to take leave of loved ones.

Music therapy can contribute to the general comfort of the person by alleviating certain symptoms and by offering him/her a means of self-expression and a way to communicate his/her needs. In collaboration with the multidisciplinary team, the music therapist identifies the person's physical, emotional, social and/or spiritual needs. The music therapist then chooses an appropriate mode of intervention. Priority can be given to pain relief, the improvement of the quality of sleep, the expression his/her emotions, the ability to communicate with loved ones, finding meaning in his/her life, etc. Individual sessions are usually favoured, however the person can also participate in relaxation groups, or a group that employs various art forms including music such as drawing, painting or poetry. Loved ones can also join in music therapy sessions.

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms. The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions.



Erin Montgomery, BMus, MTA  
QEII Palliative Care Unit, Halifax

<http://www.guelphmercury.com/living/article/524394--music-therapist-uses-the-sounds-of-good-memories-to-soothe-troubled-lives>

Article courtesy of: Atlantic Association for Music Therapy, 6524 Bayers Road, Halifax, NS B3L 2B3

The person may be invited to listen to musical selections or songs that are significant to him/her, to participate in vocal or instrumental improvisations, to contribute to the composition of song lyrics in order to express his/her emotions, to record a musical offering for his/her loved ones (compose song lyrics and/or melodies, choose selections from a repertoire of pre-composed music, etc). A wide variety of instruments (guitar, piano, percussion instruments to name a few) are incorporated into sessions in order to satisfy each individual's musical preferences and to offer a meaningful and rich experience. In short, music therapy is a useful means to reach a person who is in the final stages of cancer, AIDS or a degenerative disease and to promote his/her well-being.

## **Newsletter response:**

I invite your comments and information; please use this section to let me know what is important to you. Mail at address below or email to: [soundconnections@eastlink.ca](mailto:soundconnections@eastlink.ca)

Address:

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