



# MUSIC THERAPY AT THE RHN

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## Conferences:

The Music therapy service has hosted many conferences over the years and provides training in techniques for other music therapists. RHN therapists are proactive in presenting work at external conferences internationally.

## Patient Feedback:

*“ It is therapeutic ”*

*“ I never thought I would write a song ”*

*“ It helped me focus ”*

*“ Took me to a calmer place ”*

## COVID – 19:

During the COVID -19 epidemic some music therapists were able to run leisure based individual sessions or groups when appropriate/possible. We also assisted with personal care and feeding .The music therapy team created handwashing songs and some resources for music listening in order to assist staff to manage stress.

## References:

Magee, Siegert, Daveson, Lenton-Smith & Taylor (2013) Music Therapy Assessment Tool for Awareness in Disorders of Consciousness (MATADOC): Standardisation of the principal subscale to assess awareness in patients with disorders of consciousness, *Neuropsychological Rehabilitation: An International Journal*.

Thaut, M.H & Hoemberg, H (2014) *Handbook of Neurologic Music Therapy*: Oxford: Oxford University Press.

O’Kelly and Bodak, R. (2016) Development of the Music Therapy Assessment Tool for Advanced Huntington’s Disease: A Pilot Validation Study, *Journal of Music Therapy*, **53**, 3, (232),

O’Kelly, J., James, L., Palanaippan, R., Taborin, F., Fachner, J., & Magee, W.L. (2013). Neuropsychological and behavioural responses to music therapy in vegetative and minimally conscious states. *Frontiers in Human Neuroscience*, 7, doi:10.3389/fnhum.2013.00884.

## History:

Music Therapy has been present at the RHN since the early 80s. It developed into a department in 1993. There have been fluctuations in number of posts with various cuts and small increases over the years. There are presently 4 whole time equivalent posts including a music therapy assistant post. It is totally charitably funded.

## Clinical Work:

Group sessions and individual sessions are provided with the majority of input in the Brain Injury Service. Numbers of groups have increased allowing more patients to be seen and monitored for improvement. Music Therapy can help maintain and improve skills including physical, cognitive, communication and assist in emotional expression and adjustment to disability. This is achieved through a number of methods including instrumental improvisation, song writing, song singing and use of research based Neurologic music therapy techniques. There has been increasing use of music technology within sessions. Music therapists often work with other allied health professionals to aid the patients’ rehabilitation goals.

Sessions are carried out in the Music Therapy treatment room and in other shared MDT spaces in the hospital and in the main ward areas.

## Research:

3 three research posts were implemented resulting in the standardised tool MATADOC (Music Therapy Assessment Tool for Awareness in Disorders of Consciousness) the MATA HD tool (Music Therapy Assessment Tool for Advanced Huntington’s Disease) and a PHD study on the effect of familiar music with patients in Disorders of Consciousness. Clinical audits have also been carried out to improve the effectiveness of the service.

### EVOLUTION OF TECHNOLOGY IN MUSIC THERAPY:

Some early examples of MT equipment:



New Tech! Midi pad controller’s for sound triggering:



‘Soundbeam’- Translating Body Movements into Sounds:



### TIMELINE OF MUSIC THERAPY AT THE RHN:

- 1988 → 1 full time post established under Occupational Therapy
- 1990 → Additional 3 day post established
- 1992 → Research activity commenced
- 1993 → Music Therapy Dept Established
- 1995 → Additional hours granted to support research
- 1997 → Further 3 day post established (NRU/HDU) Additional hours granted to support research
- 1998 → Doctoral research completed. Further hours granted for research
- 2001 → 42% cut to Music Therapy budget
- 2002 → 3 New posts established:
- Present → 4 Full Time Posts:  
*Consisting of music therapists & music therapy assistant*