

# MUSIC THERAPY AND ATAXIA

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**PARTNERING  
FOR PROGRESS**

**2023 Annual Ataxia Conference  
March 30 - April 1, 2023  
Las Vegas, NV**

## 2023 Annual Ataxia Conference

March 30 – April 1, 2023

Planet Hollywood  
Las Vegas, NV



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MONTHS:

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2023 Annual Ataxia Conference



# WHAT IS MUSIC?

How would you define music in your own words? Share in the text box or feel free to say it out loud.

# AMTA'S DEFINITION OF MUSIC THERAPY

“MUSIC THERAPY IS THE **CLINICAL AND EVIDENCE-BASED** USE OF **MUSIC INTERVENTIONS** TO ACCOMPLISH **INDIVIDUALIZED GOALS** WITHIN A **THERAPEUTIC RELATIONSHIP** BY A **CREDENTIALLED PROFESSIONAL** WHO HAS COMPLETED AN APPROVED MUSIC THERAPY PROGRAM”

(AMERICAN MUSIC THERAPY ASSOCIATION, 2021)

# “CLINICAL AND EVIDENCE-BASED”





# “USE OF MUSIC INTERVENTIONS”





# “TO ACCOMPLISH INDIVIDUALIZED GOALS”



## Emotional:

*Music encourages safe release of emotions, self-expression, creativity*



## Social:

Music can foster meaningful, and often non-verbal, connection with peers and loved ones



## Cognitive-behavioral:

*Utilize music experiences as a safe way to identify challenges and strengths, hopes*



## Speech:

*Singing experiences to encourage natural inflection and speech production*



## Physical:

Increase physical self-awareness, mind-body connection, and physical control through musical entrainment





# “WITHIN A THERAPEUTIC RELATIONSHIP”

## Person-affirming

Embracing and honoring the client's own goals and relationship with music as anchor for how sessions are shaped

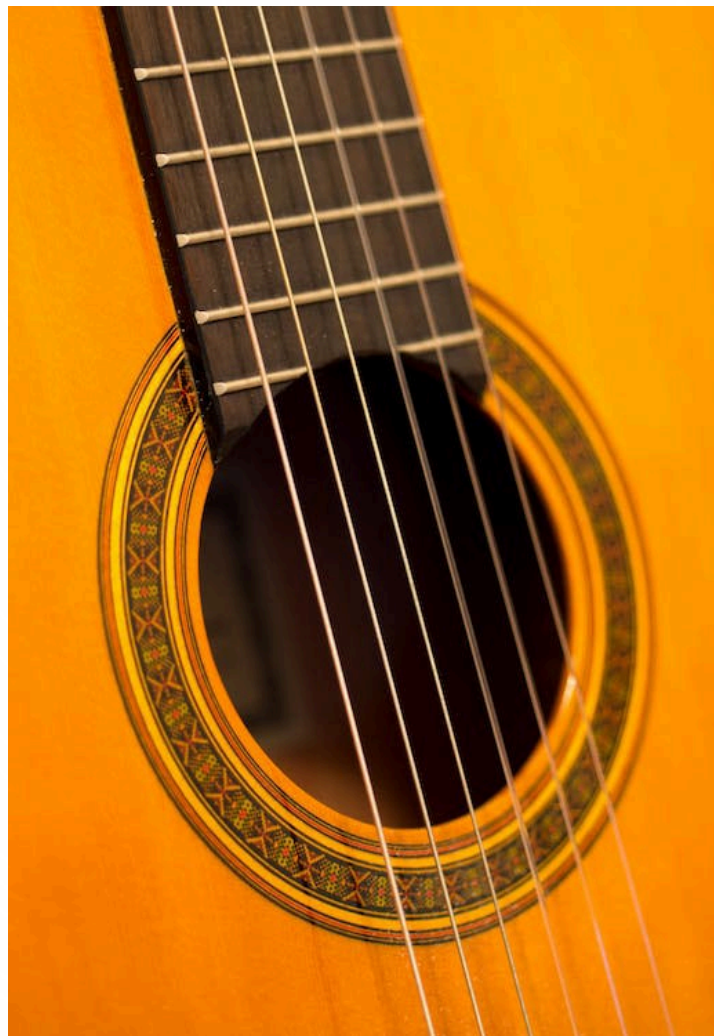


## Music as the main connection

Music is a tool for more accessible ways to build rapport and trust between therapist and client



# “BY A CREDENTIALLED PROFESSIONAL”



## **Musicians**

- Proficiency in guitar, piano, and voice
- Background in music

## **Music Therapy Degree**

- AMTA-accredited college/university
- Bachelor's, Masters, and Graduate Equivalency
- 1200 hours of clinical training
- 6-month on-site internship

## **Board-Certification through NCCA**

- MT-BC
- State licenses according to state



# INTERESTING FACTS ABOUT MT AND NEUROLOGICAL NEEDS







# TAKE HOME IDEAS TO CONSIDER

- Practice speech by singing a song that you know all the words to. (No skill necessary!)
- Create a list of songs that you find enjoyment in and listen to it in times of stress.
- Notice your own internal rhythm to music. Are you tapping your foot along with the song? See if you can use that song to engage in free, enjoyable movement.
- Engage in shared music listening with a peer or loved one.



# NOW FOR A LITTLE BIT OF FUN!

## **Movement**

Ain't No Mountain High Enough

## **Singing**

Lean on Me

## **Music and Relaxation**

Music and imagery



# THANK YOU AND HAPPY MUSICKING!

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