

Inside Integrative Medicine

March 2022

**Integrative
Medicine
Virtual Group
Classes Now
Available**

A DOSE OF MUSIC THERAPY TO IMPROVE YOUR MOOD AND MORE

by Sarah Folsom

How does music therapy work?

Music therapy is a unique therapeutic modality used to reduce symptoms, lift your spirits, foster movement, and cope with cancer treatment. Music activates emotion, movement, identity, and behavior. Most people have a deeply personal connection to music and engaging in a musical experience can provide comfort and familiarity, which can reduce stress, improve mood, and decrease pain. During the COVID-19 pandemic especially, music can spark a connection with family, loved ones, and community. Music therapists are trained to individualize treatment to meet unique needs of the client, distinguishing the practice from music performance or simply music listening. They use music interactively and therapeutically to meet the client's needs to support a specific health outcome. This may involve the music therapist playing guitar and singing a familiar song, a discussion about song lyrics, or participating in a music assisted relaxation exercise among other interventions.

What Can I Expect?

The board-certified music therapist facilitates individual sessions at patient bedside, or on Zoom. The music therapist assesses for patient needs and guides the patient in a wide range of music interventions. In a music therapy group, the shared needs of the group are addressed. No previous musical experience is necessary.

**Due to the COVID-19 pandemic, group music therapy services are virtual via Zoom until further notice. Outpatient music therapy is conducted virtually, and inpatient is case-by-case.

How can I receive music therapy?

In support of your inpatient or outpatient integrative medicine care plan, you may be referred for music therapy by one of our physicians or nurse practitioners. Group class does not require a referral but requires a sign up with the Integrative Medicine Center at 713-794-4700.

What is Connect & Reflect with Music?

A virtual interactive and supportive music group led by a Board-Certified Music Therapist, using live music engagement and conversation to enhance well-being and encourage connectedness. Participants will listen to music in a mindful way, discuss song lyrics and themes, and engage both mind and body with guided relaxation techniques. Class held via Zoom and requires a brief sign up call with the Integrative Medicine Center at 713-794-4700. No previous musical experience or musical ability is necessary.



Integrative Oncology Consultation

Our physicians can give guidance on achieving a comprehensive and integrative approach to your cancer care via MyChart/Epic Zoom.

Exercise/Physical Activity Consultation

A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation via MyChart/Epic Zoom.

Oncology Acupuncture Treatment

Acupuncture is a safe and often effective medical treatment that can be used to manage side effects from cancer and related treatments, including nausea and vomiting, pain, neuropathy, hot flashes, fatigue and dry mouth. Treatments range from \$65 & \$75

Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Treatments are \$55

Health Psychology Consultation

A licensed clinical psychologist will provide both evaluation and interventions to help with lifestyle change and address symptoms of stress, anxiety and depression via MyChart/Epic Zoom.

Yoga/Meditation Consultation

Yoga/meditation lowers stress, depression, and anxiety, improves sleep, memory, physical functioning, and overall quality of life, as well as increasing spiritual well-being. A yoga/meditation therapist would provide interventions via MyChart/Epic Zoom. Cost: \$50 per session.

Music Therapy

Individual music therapy is provided by a board-certified music therapist (MT-BC) and involves engaging in music interactively in a variety of ways, with outcomes including anxiety reduction, fostered well-being and exploring ways of reconnecting to music for daily quality of life. Cost:\$50 per session.

View audio and video resources online:

www.mdanderson.org/integrativemedcenter

Prices for IMC services may be subject to change depending on insurance coverage.

How to Register for our virtual classes:

1. Call Integrative Medicine Center at 713-794-4700.
2. All classes are free.
3. Complete e-update *liability waiver and telemedicine consent in MyChart at least 48 hours prior to scheduled class.

Class Descriptions:

Yoga for Health- Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

Connect & Reflect with Music- An interactive and supportive music group, led by a Board-Certified Music Therapist, using music engagement and conversation to enhance well-being and encourage connectedness. No music experience is required.

Collage Studio- offers the chance to play with color, shape, and composition while making personalized collages. In the Collage Studio, we'll be cutting, tearing, and gluing a variety of papers to create new images. Chance and surprise are the key ingredients.

Journaling Workshop- Journal writing can be a form of meditation, stress relief, and self-expression. Journeys is a guided journaling workshop for patients and caregivers to practice creativity and express themselves in a safe space.

Healing Through Writing- Using expressive writing as a tool to identify and process difficult emotions in a supportive environment.

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Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30–11:30 Healing Through Writing 2:00-3:00 (2nd & 4th Mon)	Connect & Reflect with Music 1:30-2:30	Yoga for Health 10:30–11:30 Collage Studio 1:30–3:00 (1st & 3rd Wed)	Connect & Reflect with Music 1:30–2:30	Yoga for Health 10:30-11:30 Journeys: Journaling Workshop 1:00 - 2:00 (1st & 3rd Fri)

Anna's Black Bean Salad

Total Time: 10 minutes

Servings: 6 people

Website: <https://atthetable.mdanderson.org/recipe?id=471>

Ingredients:

- 2 cans black beans (no salt or sugar added), rinsed and drained
- 1 can corn (no salt or sugar added), rinsed and drained
- 1 large green pepper, cut into strips
- 1 cup cherry tomatoes, cut in half
- 1/2 cup of chopped celery
- 1 jalapeño pepper, chopped (optional)
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1/2 cup medium salsa (your favorite brand)
- Pinch of salt
- Pinch of pepper

Instructions:

1. Combine all ingredients except salt and pepper in a large bowl.
2. Mix well and season to taste.
3. Cover and keep refrigerated for up to 4 days. Serve with chips or flat bread.



Due to COVID-19 precautions, several integrative services are now available using a virtual format. Other services on hold. Please contact the Integrative Medicine Center for more details.