The mission of the Integrative Medicine Program is to optimize health, quality of life and clinical outcomes through integrative medicine education and research-driven clinical care.

Music Therapy

By Antonio Milland Santiago, MT-BC

What is music therapy?

Music therapy is defined by the American Music Therapy Association as the “clinical and evidence-based use of music interventions to accomplish individualized goals by a credentialed professional who has completed an approved music therapy program.”

Research shows music therapy can improve numerous aspects of quality of life for both those with cancer and for family and friends who are caring for the patient. Music therapy interventions are helpful to:

- Decrease pain perception
- Reduce anxiety
- Increase mood
- Increase relaxation
- Increase emotional expression
- Provide meaningful social interactions
- Decrease sense of isolation
- Facilitate sense of control
- Reduce nausea
- Develop positive coping mechanisms

What does a music therapy session look like?

Music Therapy is provided at the Integrative Medicine Center by a Board Certified Music Therapist. Sessions are different from one patient to the next. Goals for each patient are agreed upon in collaboration with the patient, the patient’s treatment team, and family members as appropriate. There are a number of different evidence-based techniques music therapists can use to achieve the desired goals, such as songwriting, music-assisted relaxation and imagery, therapeutic singing, and playing instruments.

Individual vs. group music therapy

As music therapy seeks to address “individualized goals,” this means that the music therapist will work to address specific goals according to the needs of the patient in one-on-one scenarios. In contrast, group sessions are designed to address psychological, physical, social, emotional, and spiritual needs of a collective group of individuals through the use of evidence-based interventions that facilitate therapeutic change in group structure. Instruments used in music therapy group sessions may include guitar, hand drums, other percussion instruments, voice, and keyboard. People often find connecting with others in a group setting therapeutic in and of itself and engaging in group music making enhances one’s ability to address challenging issues and connects you to other people.

Tips for using music therapeutically in daily life:

- Listening to your favorite music (versus nature sounds, radio station, etc.) may be more effective in improving your mood since you have personal memories associated with those songs.
- Consider listening to your preferred music to help reduce anxiety in situations that might be stressful.
- Create playlists with your music of choice that is specific to your needs. For example, a playlist of music with lyrics and a beat that can comfort you when you are anxious, or a playlist with music that is calming to you at bedtime (remember, calm music can be “sad”, so choose carefully), and a playlist with upbeat music to lift your spirits or to motivate you during exercise.
# Outpatient Group Clinical Services

All Classes are free. Please call **713-794-4700** to sign up.

<table>
<thead>
<tr>
<th>Physical</th>
<th>Mind-Body</th>
<th>Social</th>
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<tbody>
<tr>
<td><strong>Brief Relaxation Massages</strong></td>
<td><strong>Qigong</strong></td>
<td><strong>Cooking for Optimal Health</strong>*</td>
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<tr>
<td>Experience a brief upper body massage for relaxation. These chair massages are generously funded by Angie’s Spa.</td>
<td>Experience this ancient Chinese system of self-care using meditation, breath, and movement.</td>
<td>The dietitian for the Integrative Medicine Center demonstrates how to prepare dishes meeting the whole foods, plant-based diet recommendations. Participants will also have the chance to enjoy some delicious samples. Recipes will emphasize a different theme each month.</td>
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<tr>
<td><strong>Shape-Up Circuit</strong>*</td>
<td><strong>Tibetan Meditation</strong>*</td>
<td><strong>Therapeutic Group Drumming</strong></td>
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<td>A fitness class designed to improve body composition by increasing muscle strength and burning calories. Led by the Integrative Medicine Physical Therapist, this class will follow a “circuit” format, with different exercises at each station. Suitable for any fitness level. Please bring a water bottle.</td>
<td>Relax and access a deeper awareness through connecting your mind, body and heart through breath, sound and movement practices. Class method rotates weekly (see calendar).</td>
<td>Socialize with others and express yourself creatively while learning to play a variety of percussive instruments. No experience needed!</td>
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<tr>
<td><strong>Tai Chi</strong></td>
<td><strong>Power of Breath</strong></td>
<td><strong>Singing Support Group</strong></td>
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<tr>
<td>Find balance and strength through continuous flowing movements that link mind to body.</td>
<td>Through breath, learn various contemplative stress-relieving methods to use in everyday life.</td>
<td>Are you a cancer patient or caregiver who enjoys singing? If you are, this choir is for you. Let’s get together and celebrate life.</td>
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<tr>
<td><strong>Yoga for Fitness</strong></td>
<td><strong>Sacred Sounds</strong></td>
<td><strong>Meditation and Daily Life</strong>*</td>
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<td>A beginning/intermediate level yoga class that focuses on moving through postures with breath.</td>
<td>Use sound techniques in combination with the breath, that can be helpful to increase memory and cognitive function.</td>
<td>Learn meditation in an interactive class format. Each meditation experience includes an exploration of Tea, Art, Writing, or Nature. Themes rotate weekly. Goals include lowering stress and enhancing connectedness with self and surroundings.</td>
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<td><strong>Get Moving</strong></td>
<td><strong>Breath &amp; Movement</strong></td>
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<td>Recharge and energize with uplifting music and a blend of yoga, dance, and martial arts.</td>
<td>Experience meditation through simple movements &amp; breathing techniques, supportive of better sleep.</td>
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<td><strong>Yoga for Health</strong></td>
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**Activity Level:**
- Gentle
- Active
- Very Active

*Program support provided by the Duncan Family Institute

View audio and video resources online: [www.mdanderson.org/integrativemedcenter](http://www.mdanderson.org/integrativemedcenter)
All classes are for outpatients and their caregivers and are offered at the Mays Clinic location – ACB2.1005

- Call the Integrative Medicine Center at 713-794-4700 to register.
- All participants must arrive 15 minutes early to check in for group classes.

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>8:00-12:00 Brief Relaxation Massages 12:15-1:15 Yoga for Health</td>
<td>9:30-10:30 Tibetan Meditation: Breath and Movement 11:00-12:00 Get Moving 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi 5:00-6:30 Singing Support Group</td>
<td>8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Art</td>
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Individual Outpatient Clinical Services

An MD Anderson physician’s order is required before scheduling any of the services listed below.

For additional details, please:
• Call 713-794-4700
• Visit our website http://www.mdanderson.org/integrativemedcenter
• Visit one of our 2 outpatient locations:
  - Main Clinic: R1.2000, a free standing facility east of the Main Building near valet
  - Mays Clinic, 2nd floor near elevator T

Integrative Oncology Consultation
Our physicians and advanced practice providers can give guidance on achieving a comprehensive and integrative approach to your cancer care.

Exercise/Physical Activity Consultation
Being more physically active may benefit patients during and after cancer treatment by decreasing fatigue and improving strength. A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation.

Acupuncture
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. Visits range from $65 to $75. An additional $10 may apply.

Oncology Massage Treatment
Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Services are by appointment for patients and their caregivers with a treatment fee of $70.

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.

Nutrition Consultation
A registered dietitian provides personalized nutrition counseling and education to help patients manage side effects and reach their goals during and after cancer treatment. Education emphasizes a whole foods, plant-based diet for optimal health.

Meditation Consultation
Meditation decreases anxiety and negative emotions, improves sleep and memory and increases spiritual awareness and a sense of well-being. Initial visit fee is $50. Follow-up visits range from $25 to $50.

Music Therapy
A board certified music therapist will provide evaluation and techniques that help encourage self-expression, reduce stress and anxiety, improve coping skills, and facilitate socialization. Initial visit fee is $50. Follow-up visits range from $25 to $50.

For information on our inpatient services, please call 713-794-4700.