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, from Mystery to Mainstream

by Michael Richardson, MT-BC

2011 was a showcase year for Music Therapy. Real life inspired a film, “The Music Never Stopped,” starring Julia Ormond as a music therapist and was an official selection film at the Sundance film festival. New York Times bestselling author Jodi Picoult published “Sing You Home,” where the main character used music therapy to clinically aid a diverse patient population from burn victims to Alzheimer’s patients. In August 2011, the Cochrane Collaboration published the systematic review article “Music interventions for improving psychological and physical outcome in cancer patients,” which supported the use of music therapy for anxiety, pain, mood and quality of life in patients with cancer. And as part of her rehabilitation, Arizona Congresswoman Gabrielle Gifford was prescribed music therapy. Once a little known profession, music therapy is becoming part of our mainstream culture and medical care.

Music therapy has a long history and is practiced around the world. Richard Browne wrote one of the oldest texts in English concerning music and medicine, “A mechanical Essay on the Effects of Singing, Musick and Dancing on Human Bodies,” in 1792. However, an undergraduate degree program was not developed until 1944. Today, there are 70 universities offering bachelor, master and doctoral degrees in music therapy in the United States.

A degree in music therapy requires proficiency in guitar, piano, voice, music theory, music history, and improvisation, as well as training in assessment, documentation, and health care skills, including counseling. As an allied health professional, the music therapist’s focus is on the improvement and maintenance of optimal health, with treatment goals and objectives developed in collaboration with an interdisciplinary team.

Treatment is focused on using musical experiences (such as playing instruments, listening to live or recorded music, singing, song writing, discussing feelings and involving family members when appropriate) to achieve nonmusical goals. Current research strongly supports symptom management in three key areas: Pain, Anxiety and Quality of Life.

Most recently, the Volunteer Endowment for Patient Support (VEPS) Disbursement Committee funded a recording project at MD Anderson to develop audio tracks using music for imagery and relaxation. Based on music therapy research, MD Anderson’s music therapists, Ingrid Sevy Moeller, MA, MT-BC and Michael Richardson, MT-BC recorded original compositions featuring common musical elements as they relate to music for relaxation purposes: melody, instrumentation, harmonic progression, key signature, tempo and time signature. These pieces are available at mdanderson.org/IntegrativeMed as well as at iTunes University.

MD Anderson’s Integrative Medicine Center provides music therapy for children and adult inpatients, outpatients and their families in individual and group sessions. If you would like to receive individual outpatient or inpatient music therapy, please ask your MD Anderson physician to submit an online consultation request. No previous musical experience is required.

References
Bradt, J., Dileo, C., Grocke, D., Magill, L., Music interventions for improving psychological and physical outcomes in cancer patients. Cochrane Database of Systematic Reviews 2011, Issue 8, Art. No.: CD006911

Group Clinical Services

All classes are free, please call 713-794-4700 to sign up for a class.

Social
The Celebration Singers – Are you a cancer survivor or caregiver who enjoys singing? If you are, this special choir is for you! Please contact Michael Richardson at 713-563-0858 for rehearsal information.

Expressive Arts – Classes include: Paint Your Own Pottery, Beading Class, Shibori, Chinese Ink Art, and much more! Underwritten by COLLAGE: The Art for Cancer Network

Laughter Yoga – Laughter Yoga is a blend of yogic deep breathing, stretching, simulated laughter exercises that may help reduce stress, depression and more.

Look Good, Feel Better – This program is presented by licensed cosmetologists that help patients adjust to temporary or permanent changes in their appearance. MUST pre-register at (713) 792-6039.

Support Groups – Professionally-led support groups provide education, and sharing for patients, family and friends. For a complete list of support groups, please call the Social Work department at (713) 792-6195

Mind-Spirit
Aromatherapy & Self-Massage – Learn about essential oils and their therapeutic uses.

Exploring Music for Relaxation – Learn relaxation techniques using live and recorded music.

Finding Reliable Health Information – Our specialist shares resources to help you research supplements or therapies that may help manage your side effects.

Intro to Centering Prayer – Come share the origins and historical background of this ancient prayer practice.

Kundalini Meditation Techniques for Specific Symptoms – Learn to use various combinations of breath work, sound, and meditative focus to alleviate specific symptoms.

P.I.K.N.I.C. – An educational forum for patients, caregivers, family members, volunteers, faculty and staff who want to learn more about issues relevant to cancer.

Tibetan Bon Meditation – Learn to relax and access a deeper awareness through connecting your mind, body, and heart to find your inner “home” through practices of breath and sound.

Yoga (Hatha) – Stretch your mind as well as your body by learning the postures, breathing exercises, and meditation.

Yoga (Kundalini) – Explore this spiritual and meditative practice that increases flexibility, brings emotional balance, mental clarity, stress relief and personal transformation.

Physical
Awareness Through Movement (Feldenkrais) – Learn how movement can help improve your capacity to function in your daily life. Underwritten by Houston Endowment Foundation through the C. G. Jung Education Center.

Brief Relaxation Massages – Experience a brief upper body massage for relaxation. *Appointments are limited and only scheduled on the day of the offering. Mondays 10 AM-3 PM by appointment, call 713-794-4700*

Everything You Wanted to Know About Tea – Join one of four Certified Tea Masters in the nation to sample and learn about tea and the benefits of each type.

Guest Chef – Local chefs demonstrate their cooking skills and provide tasty samples for the audience. Clinical Dieticians also discuss the nutritional component of the recipe.

Nutrition Lecture – Learn about the special nutritional needs for cancer patients, information on organic foods, and more.

Nia: Body Energizer – Explore this gentle, yet lively, restorative movement class. The class incorporates techniques from yoga, tai chi, and Nia dance (play).

Pilates – Come learn and practice a series of exercises in deep muscle strengthening that improve skeletal alignment and overall flexibility.

Safe Massage Techniques for the Cancer Patient – Learn how and when to use massage and the benefits of massage for patients with cancer.

Yoga/Nia: Body Energizer – Warm up with a playful musical beat of guided movement. Then come centered using yoga postures and breathing techniques.
### November 2011 Program Calendar

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<thead>
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<td>1</td>
<td>10-11</td>
<td><strong>Tibetan Bon Meditation</strong>&lt;br&gt;<strong>PIKNIC: Diabetes and Cancer</strong>&lt;br&gt;<em>5:30-7</em> The Celebration Singers</td>
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<td><strong>Yoga (Kundalini)</strong>&lt;br&gt;<strong>11-12</strong> Exploring Music for Relaxation&lt;br&gt;<em>12-1</em> Laughter Yoga&lt;br&gt;<strong>2-4</strong> Expressive Art COLLAGE&lt;br&gt;<strong>3-4</strong> Chinese Ink Art: Shrimp Yoga/Nia Body Energizer&lt;br&gt;<strong>5-7</strong> Spine Tumor Support Group</td>
<td>3</td>
<td>10:30-11:30 <strong>Awareness Through Movement</strong>&lt;br&gt;<strong>11:30-1</strong> Look Good Feel Better (Must Pre-Register 713-792-6603)&lt;br&gt;<em>12-1</em> Caregivers: I’ve Feelings, Too! (Must Pre-Register 713-794-4700)</td>
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<td>10:30-11:30 <strong>Awareness Through Movement</strong>&lt;br&gt;<strong>1-2</strong> Nia Body Energizer&lt;br&gt;<strong>3-4</strong> Yoga/Nia Body Energizer&lt;br&gt;<strong>6-7:30</strong> The Celebration Singers</td>
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<td><strong>Brief Relaxation Massage</strong>&lt;br&gt;(call 713-794-4700 for appt)&lt;br&gt;<em>11:30-12:30</em> Nia Body Energizer&lt;br&gt;<em>1-2</em> Pilates</td>
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<td><strong>Tibetan Bon Meditation</strong>&lt;br&gt;<strong>PIKNIC: What the American Cancer Society Can Do For You</strong>&lt;br&gt;<em>4-5:30</em> Intro to Centering Prayer&lt;br&gt;<em>5:30-7</em> The Celebration Singers</td>
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<td><strong>Brief Relaxation Massage</strong>&lt;br&gt;(call 713-794-4700 for appt)&lt;br&gt;<em>11:30-12:30</em> Holiday Nutrition Tips&lt;br&gt;<em>1-2</em> Pilates</td>
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Group programs are open to patients, survivors, caregivers and families regardless of where treatment is received.
Individual Clinical Services

Please ask your MD Anderson physician to submit an online consultation request if you would like to schedule these services. For additional details, please call 713-794-4700.

Consultation Service
The Integrative Medicine Center physicians and staff offer a consultation service to provide advice for patients who wish to pursue an integrative approach to cancer care. Our physicians will discuss how to integrate complementary therapies safely and effectively into your treatment plan. Our physicians also meet weekly with a team of professionals who have experience in conventional approaches as well as integrative treatments. Most insurance plans will cover the cost of your consultation.

Acupuncture
Acupuncture, practiced around the world for thousands of years, is a safe and often effective medical treatment that can be used to manage side effects from cancer. Conditions for which acupuncture is commonly used include: nausea & vomiting, pain, neuropathy, hot flashes, fatigue, dry mouth, bowel & digestion issues. Services are by appointment and limited to MD Anderson patients. Our fees are:

- Initial Assessment & First Treatment – $80.00
- Each Follow-up Treatment – $65.00

Please ask your MD Anderson physician to submit an online consultation request.

Oncology Massage
Massage therapy is often used to address patients need for human contact, and findings support the positive effects of massage in cancer care including: improving the quality of patients’ relaxation, sleep, and immune system responses and in the relief of their fatigue, pain, anxiety, and nausea. Services are by appointment for patients and their caregivers. Our fees are:

- Inpatient Brief Relaxation bedside massage (limited availability) NO COST
- Brief Relaxation chair massage (by appointment) NO COST
- Assessment & Full Body Massage ½ hour - $30.00 One hour - $60.00

Please ask your MD Anderson physician to submit an online consultation request.

Music Therapy
Music therapy is a clinical and evidence based use of music interventions to accomplish individualized goals. Benefits of Music Therapy include: relaxation, creating calming environments, encouraging self expression, reducing stress, improving coping skills, and implementing protocols to improve cognitive, motor, communication and socialization skills. Patients may self refer, or be referred by a health care professional to receive services. There is NO COST for these services.

Individual Meditation Consultation
Learn to relax and access a deeper awareness through connecting your mind, body, and heart to find your inner “home” through practices of breath and sound. There is NO COST for this service. Please ask your MD Anderson physician to submit an online consultation request.

Online Resources: Integrative Medicine Program Videos, CIMER and more!
We have a large selection of online resources at mdanderson.org/CIMER. Be sure to check out the videos on our Multimedia page including: Chemobrain: Is It Real?, Aromatherapy: It Makes Sense for Cancer Patients, Gentle Chair and Bedside Yoga, Safe Massage Techniques for the Cancer Patient, Tibetan Bon Meditation, plus much more!