

Psychosocial-Spiritual Alberta Series

Exploring the Benefits of Music in Grief and Pediatric Care

Host and Moderator: Ellen Mi

Facilitator: Sheila Killoran

Presenters: Marc Houde MTA, MMT & Sarah Van Peteghen, MTA, BMT

Date: March 21st, 2024



Introductions

Host and Moderator

Ellen Mi

Palliative Institute Project Coordinator

Facilitator

Sheila Killoran

MTA, MA, FAMI

Education Lead, Palliative Institute

Presenters

Marc Houde, MTA, MMT

Certified Music Therapist

Alberta Children's Hospital

Sarah Van Peteghen, MTA, BMT

Certified Music Therapist

Therapeutic Arts Program

Alberta Children's Hospital

The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

Stay connected: www.echopalliative.com

Land acknowledgement

We acknowledge that what we refer to as Alberta is the traditional ancestral territory of a diversity of Indigenous peoples and home to Treaty 6, 7 and 8. We recognize and give thanks to the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations, all who continue to grace these lands and all future generations. We make this acknowledgement as an act of reconciliation and gratitude



Snow on North Saskatchewan River, Beaver Hills House (Edmonton) Alberta
Photo Credit: Sheila Killoran

Reminders

- This session is being recorded. A copy of this recording will be made available on the compassionate Alberta ECHO hub page.
- Please do not disclose any personal health information during the session.
- Your microphones are muted. When we invite participation, please unmute yourself if you'd like to speak at that time.
- If you experience technical difficulties, please let us know in the chat.

Exploring the Benefits of Music in Grief and Pediatric Care



Marc Houde, MTA, MMT

Sarah Van Peteghen, MTA, BMT



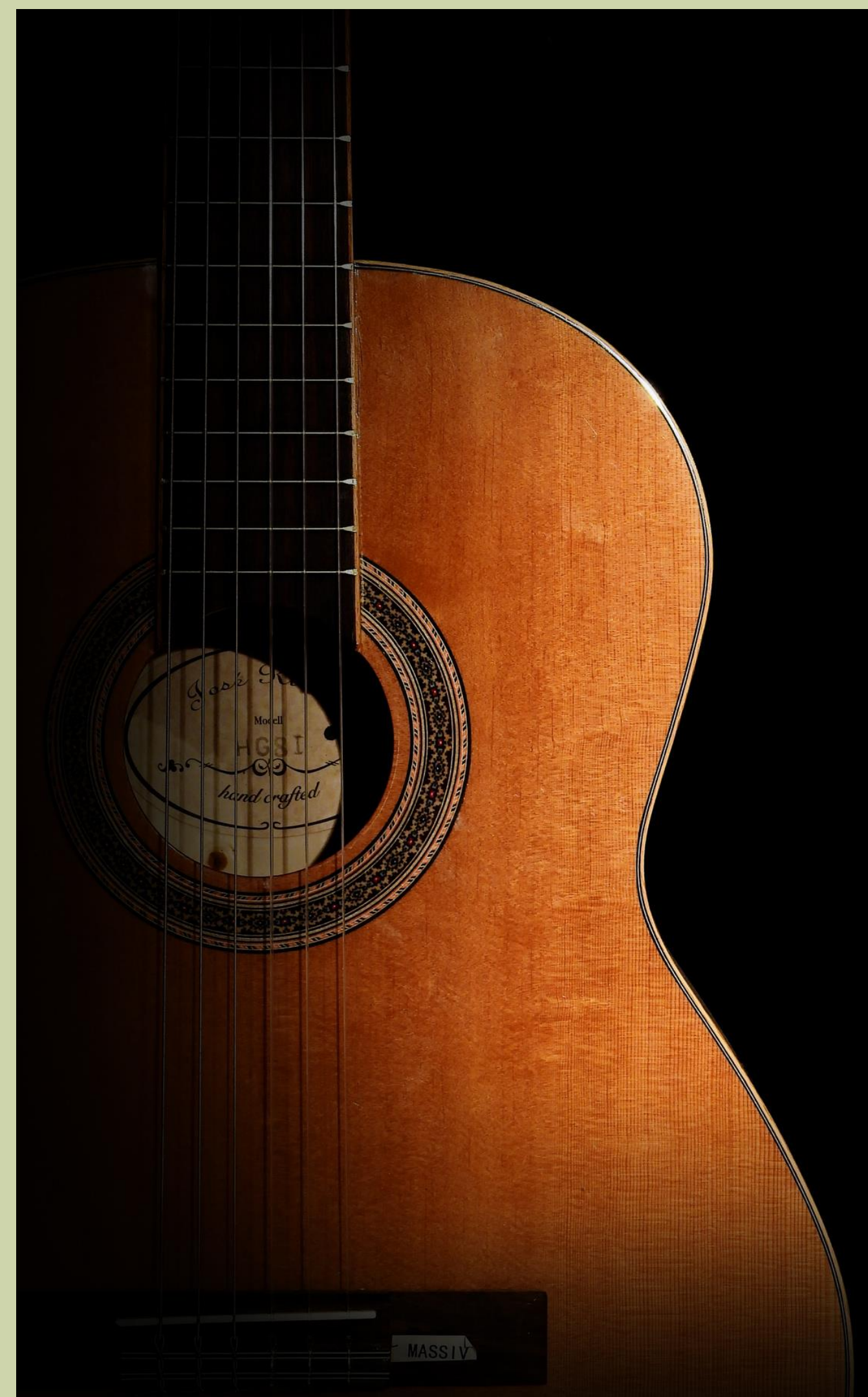
Sarah Van Peteghen, MTA



Marc Houde, MTA

Goals:

1. Expand your knowledge on the specific benefits that music therapy provides in pediatric palliative care.
2. Gain a deeper understanding of the role of music in the process of grieving.



What is Music Therapy?



Music therapy is a discipline in which Certified Music Therapists (MTAs) use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains.

Canadian Association of Music Therapists
September 2020

Research Highlights the impact of MT in Palliative Care





“Music therapy is an effective treatment with a low dropout rate for the promotion of relaxation and well-being in terminally ill persons undergoing palliative care”.

(Warth M., Kebler J., et. al. 2015)

“Informal carers of terminally ill patients play a vital role in providing palliative care at home, which impacts on their pre- and post-death bereavement experience and presents an up to 50% greater risk for mental health problems”.
(McConnell T., Gillespie K., et al. 2024)



“Since music therapy had a significant effect on symptoms such as pain, depression, and distress and since it was beneficial for both patients and their family members, music therapy has the potential to represent a valuable asset to hospice and palliative medicine programs (Gallagher L., Lagman R. et al. 2017)





“At our institution, music therapists demonstrated themselves as essential frontline providers with unique and evidence-based interventions during a public health crisis. We utilized MT’s ability to create social connection and catalyze optimal brain and nervous system responses to bridge the gap created by physical distance. Just as the pandemic has showcased the urgent need for palliative care around the world, our experience demonstrates the value of MT and a call for its program development as a best practice within our field” (Reidy J. & MacDonald M-C. 2021)



The Many Roles of Music Therapy in Grief Support



Music as family and community bonding

Supporting siblings and caregivers through a shared point of focus

Staff can be included

Music as distraction and symptom management

Need to cope with stress, long-term hospitalization, pain, anxiety

Focus on being a child rather than a patient



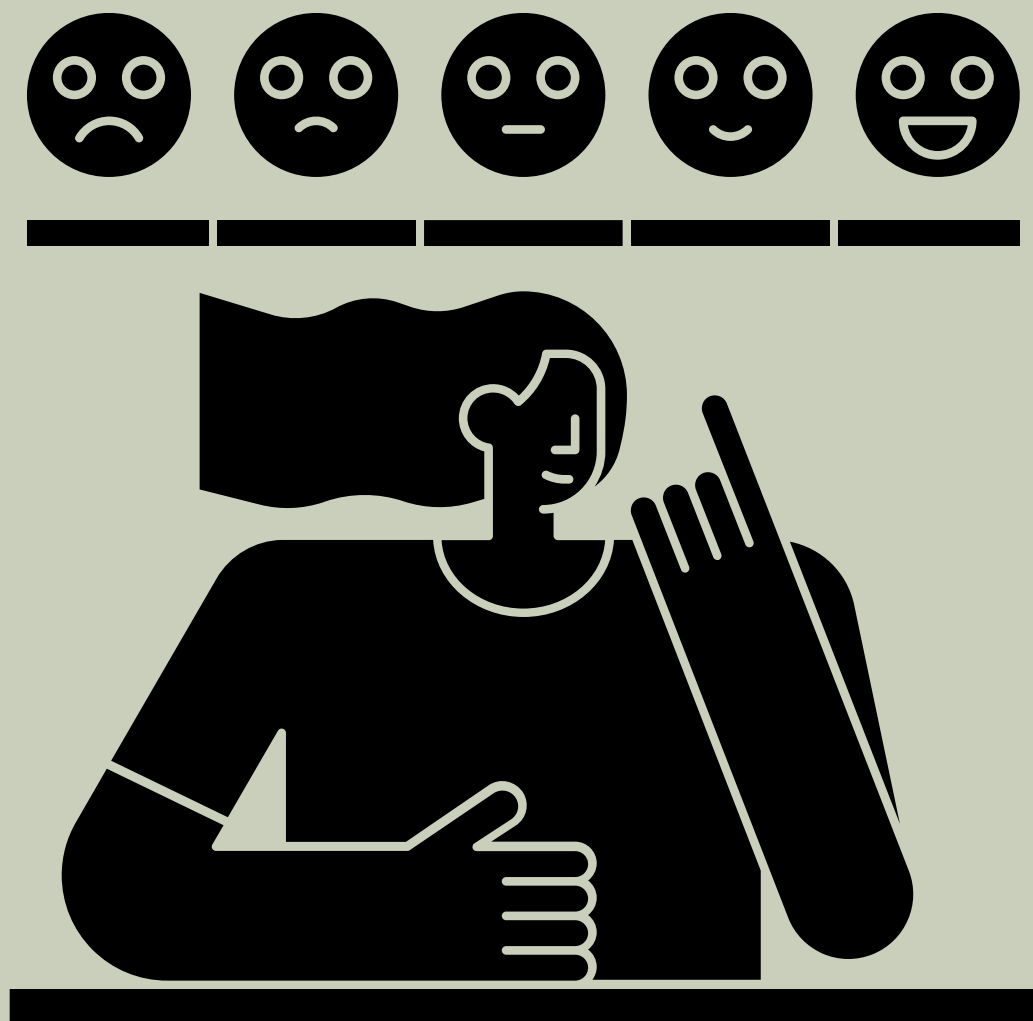
Music as Legacy

Recordings of patient song-writing,
videos/pictures of MT sessions, recorded
performances for families

Creation of positive memories



Band.



Music as an Emotional Container

Environmental MT using background instrumental improvisation
to hold space

Music provides flow and alters perception of time

Music allows us to access more depth in our feelings

Music as Transcendence

Requests for religious hymns/songs

All musical experiences can potentially be understood or interpreted as spiritual experiences

Difference between well-being vs being cured



Refusal or denial of use

Unexpected emotional impact
of music



References

Gallagher LM, Lagman R, Rybicki L. Outcomes of Music Therapy Interventions on Symptom Management in Palliative Medicine Patients. Am J Hosp Palliat Care. 2018 Feb;35(2):250-257. doi: 10.1177/1049909117696723. Epub 2017 Mar 9. PMID: 28274132.

Gillespie, K., McConnell, T., Roulston, A., Potvin, N., Ghiglieri, C., Gadde, I., Anderson, M., Kirkwood, J., Thomas, D., Roche, L., O'Sullivan, M., McCullagh, A., & Graham-Wisener, L. (2024). Music therapy for supporting informal carers of adults with life-threatening illness pre- and post-bereavement; a mixed-methods systematic review. BMC Palliative Care, 23, Article 55. <https://doi.org/10.1186/s12904-024-01364-z>

Jennifer Reidy and Mary-Carla MacDonald. Use of Palliative Care Music Therapy in a Hospital Setting during COVID-19. Journal of Palliative Medicine. Nov 2021. 1603-1605. [Gallagher LM, Lagman R, Rybicki L. Outcomes of Music Therapy Interventions on Symptom Management in Palliative Medicine Patients. Am J Hosp Palliat Care. 2018 Feb;35\(2\):250-257. doi: 10.1177/1049909117696723. Epub 2017 Mar 9. PMID: 28274132.](#) Published in Volume: 24 Issue 11: October 27, 2021

Warth M, Keßler J, Hillecke TK, Bardenheuer HJ. Music Therapy in Palliative Care. Dtsch Arztebl Int. 2015 Nov 13;112(46):788-94. doi: 10.3238/arztebl.2015.0788. PMID: 26806566; PMCID: PMC4671329.

Thank You

Our patients and families
Palliative Institute, Covenant Health
Alberta Children's Hospital Foundation

Break Out Room Questions

1. Have you seen music used by families/patients for their own needs?
2. What about times families or patients have refused music? Why do you think that might be?
3. Caregivers & Professionals – how do you use music intentionally or otherwise to process your own grief?

Coming up: Psychosocial-Spiritual Alberta Series

Session 5: Trauma-Informed Approach: Working in the Window of Tolerance

In times of crisis and high stress, it is normal to have difficulty coping. Some people shut down and others use anxiety or anger as their go-to emotions. Understanding the "window of tolerance" allows us to understand what is happening in our bodies and what tools to use to help create more capacity during stressful times.

April 18, 2024

Presenter: Kim Everingham RSW, MSW

Register: [ECHO Hub](#) | [Compassionate Alberta](#)



Save The Dates: Psychosocial-Spiritual Alberta Series

May 16

Session 6: Non-physical Suffering: Challenges and Opportunities for Psychosocial/Spiritual Care Specialists

Presenter: Maxxine Rattner, PhD, RSW

June 20

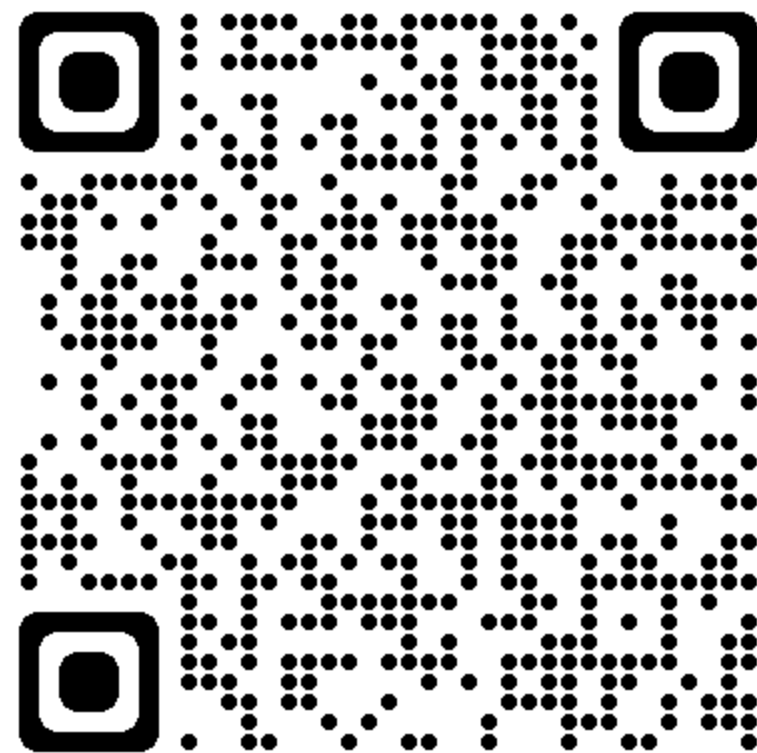
Session 7: Effective tools for Grief Care: Perspectives from Spiritual and Mindfulness-Based Practice

Presenter: Rasheal Charles, RCSW,
Corporate Director Mission, Ethics & Spirituality

[Register: ECHO Hub | Compassionate Alberta](#)



Evaluation



www.redcap.link/psychosocialspiritual4

Thank You

The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.

