Music Therapy

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Attendants will learn:

- What is music therapy
- How can music therapy be implemented in the NICU
- Benefits of music therapy in the NICU
- Music therapy research findings in the NICU
- How to safely implement music in the NICU

Music Therapy

- "Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program"

  - Education & Training
    - Degree programs
    - Internship
    - Certification & licensure
    - Specialized trainings

  - Where Music Therapists Work

Auditory Perception

- Auditory System Development
  - Speech, music, & meaningful sounds create neuroconnections
  - Can distinguish moods & shows preferences at 34-36 weeks

  - Precautions
    - Decibel levels
    - Types of auditory stimuli

Music Therapy in the NICU

- Appropriate Developmental Stimulation
- Multi-modal Stimulation
- Parent-Infant Bonding

Pacifier Activated Lullaby (PAL) System

- Patented & FDA cleared device to reinforce non-nutritive sucking
- Used to develop suck, swallow, breathe reflex
- Music acts as the contingency
- https://www.youtube.com/watch?v=mH2p2kr-NTk
MUSIC THERAPY RESEARCH FINDINGS

• Overall Benefits
  – Physiological benefits
  – Psychology benefits
  – Social benefits

• Specific Research Findings

MUSIC THERAPY RESEARCH FINDINGS


• Types of Music
  – Simple
  – Repetitive
  – Infant-directed

• Decibel Level
  – <80dB

• Live vs. Recorded

IMPLEMENTING MUSIC IN THE NICU

CONTACT INFORMATION

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SOURCES/RESEARCHERS

• Researchers
  – Jane Standley (Tallahassee Memorial Hospital, Tallahassee, FL)
  – Joanne Loewy (Mount Sinai Beth Israel Medical Center, New York, NY)

• Bibliography

• www.MusicTherapy.org


