

Daughterhood The Podcast Episode #36: Music Therapy in Caregiving with Miya Adout

• 36:54

SUMMARY KEYWORDS

music, music therapy, music therapists, therapist, caregiver, people, life, hear, individual, podcast, engage, song, working, find, client, care, moment, goals, provide, hospice

SPEAKERS

Rosanne and Miya

To find a Music Therapist near you in the *U.S.* - American Music Therapy Association

<https://www.musictherapy.org/>

To find a Music Therapist near you in *Canada* - Canadian Association of Music Therapists

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Disclaimer 00:02

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Rosanne 00:43

Hello, and welcome to Daughterhood the Podcast. I am your host Rosanne Corcoran Daughterhood Circle Leader and primary caregiver. Daughterhood is the creation of Anne Tumlinson who has worked on the front lines in the healthcare field for many years and has seen the multitude of challenges caregivers face. Our mission is to support and build confidence in women who are managing their parents care. Daughterhood is what happens when we put our lives on hold to take care of our parents. We recognize this care is too much for one person to handle alone. We want to help you see your efforts are not only good enough, they are actually heroic. Our podcast goal is to bring you some insight into navigating the healthcare system provide resources for you as a caregiver, as well as for you as a person and help you know that you don't have to endure this on your own. Join me in daughter hood. Miya Adout is a graduate of Concordia University where she received a Master of Arts in creative arts therapies after having completed a BA in cultural studies. Maya works with individuals of all ages and abilities and specializes in dementia care. Miya opened her private practice Miya Music therapy in 2015. With the purpose of empowering and enriching lives through music, Miya and I discussed the

basis of music therapy, how to access it, its benefits, and how caregivers can incorporate music therapy with their care partners. I hope you enjoy our conversation.

Rosanne 02:07

As a caregiver. I always heard about music therapy and how it's so beneficial. Can you explain what music therapy is and why it's so beneficial?

Miya 02:16

Absolutely. So music therapy is the use of music facilitated by a certified music therapist. So the use of music and relationship combined to achieve therapeutic goals. And those goals could be cognitive in the cognitive domain, they can be in the social domain, emotional, physical and motor skills, spiritual domains. So it's quite the the goal areas that we can address are really all across the board. The key things to know are that you know, if you are looking for music therapy, that it should be by a certified music therapist, somebody who's you know, gone to school and studied psychology studied music, and of course, you know, completed a degree in music therapy and had their board certification.

Rosanne 03:04

What do they do in school for music therapy?

Miya 03:07

Yes. So there's there's a few different paths that you can take to become a music therapist, there are bachelor degree programs. So those are four, generally four year degree programs where you do a combination of psychology courses, music courses, music therapy, specific courses with certain populations. So looking at working in dementia care, working with children with developmental disabilities, working with people who are, you know, recovering from stroke. So working in different settings, and completing internships and practicums by with a service supervisor, and there's also master's degree programs and graduate certificate programs. So it's there's quite a few options there.

Rosanne 03:46

That's really interesting. For therapeutic goals, what would that look like?

Miya 03:50

Yes, so So what's important to know is that just like any other therapists that you might work with, a music therapist would start off with an assessment session. And they would assess the client or the resident that they're working with, and really find out which, you know, how can they help most How can music therapy benefit this individual can benefit them? And in which areas? Will it be most beneficial? And from there, they'll develop a care plan with goals and objectives that are very specific to the to the individual?

Rosanne 04:24

Well, because it's interesting, and there's research behind this music therapy.

Miya 04:28

Yes, there's research in music therapy, and there's also a lot of research for many years in neuroscience and music. And that's really gaining a lot of momentum. And then music therapists will apply that research and neuroscience to our work. And we often you know, as music therapists, for example, working in dementia care, we might work with an individual who appears to not be speaking any longer, no longer verbalizing and once we start making music with them, they begin to meaning and begin talking and sharing about their life, recalling memories. And so as music therapists we know, we already know, that we witness so you know, the the research that's that's going on right now. And that's validating the work that we're doing.

Rosanne 05:15

It's really amazing. And when my mother was on hospice, we were in the middle of a pandemic. So we weren't able to access all of the benefits of hospice, if you will. But things started to change. And the music therapists came, and I swear it was my mother always loved music. And it was unbelievable. I knew that she would react to her, and I was really trying to get the music therapist in here, so that she could benefit from it. And it was, I mean, it was it was fantastic. And I could see the connection. Of course, music connects us, it doesn't matter. You know, it doesn't matter about anything. Music connects us. And I, I love that, how that works. And then I love that there's research to back sets that up, as Yes. How do you develop a plan for each person? And what you know the difference between someone with dementia and someone with cancer or someone with Parkinson's? How do you develop different plans to work with them?

Miya 06:11

Yes, well, I just want to say first, that you're so right to how music connects us. And I think that's the core of, of what we do as music therapists. And very interestingly, there's some research out there that shows that when we sing together, when we can, you know, whether it's two people or a group or choir, we're releasing chemicals that help us feel bonded to the people around this. And I find that it's true, right? It's true with music. It's true even singing over, over virtual over zoom can it can happen. So how we develop a plan is we of course, speak with the family, when we can we look at the notes of the of the patient, if we're working in a hospital setting or in a hospice, you know, trying our best to gather as much background information as we can about individuals culture, what music they enjoyed, you know, in their lifetime, what music was significant to them is significant to them, no music background is required, right, that patient or client does not have to have ever sung before or played an instrument that's not important. And we we then do an assessment, and we see what the needs are. So in, you know, an end of life care, music therapy is going to look quite different from somebody who's ready even in dementia care working in a long term care setting. In hospice, it may look like, you know, providing support in terms of symptom management and pain, it might or it might be a little bit more active than that. And it might be having the individual engage in a life review through music, creating what we sometimes call a Legacy Project, a book or a CD of all the different songs and music, musical memories from their lives that they can then leave behind for their loved ones. You know, when we're working in dementia care, our our work may just really look like engaging the individual as much as possible in the moment, having those moments of connection, even if they're short. Right. So sometimes we might see the individual for 20 minutes, the 20 Minute music therapy session, but during that 20 minutes, they've you know, they've sat up straight after having slouched all day, their eyes are

wide open, they're looking at you. They're singing or humming, tapping their feet. And that's so important for their quality for quality of life, even if it's just for those those 20 minutes.

Rosanne 08:31

Yeah, absolutely. I totally agree with you. And like I said, obviously, my experience was through hospice, but non hospice, is there, is there a back and forth? Do they get instruments? Like, are they, you know, do they play, what do they do?

Miya 08:44

So there are four main types of interventions in music therapy, and depending on the patient's needs, we'll be we'll pick and choose what's appropriate. So there's receptive experiences, which is really listening to the music, often, the music therapist playing live, and sometimes you know, feeding off of the client's rate of their breath, helping to slow down their breath. And so listening and reflecting is that receptive type of music therapy, then there's really creative. So that's recreating music that the client likes and we can do that with singing, we often do it with instrument playing. So you'll often see a music therapist with a, you know, a bag of small drums, shakers, xylophones, things like that. And it helps for so many different reasons, whether it's recovering motor skills and having someone learn how to, you know, move their arm again, having someone crossover from the right side of their body to the left side of their body. Music can be extremely motivating. It's an it's a motivating force in our lives. So if you have a drum sitting over on their left side, and they're working on using their right hand to reach over, we're playing a song that they love, and we're using all these techniques that we've learned, we can then help motivate that movement then there's improvisational interventions, which is making music in the moment, working off how we feel in the moment through voice through instrument playing. And lastly, last but not least, there's compositional which is songwriting. Really so. And this is, yeah, this is something I find that not everyone, you know, is aware that we do is as music therapists with our, with our patients, and can be such a powerful tool of, of self expression.

Rosanne 10:28

Wow, I didn't know, I didn't know that composition was part of music therapy. I mean, it makes perfect sense. Because, you know, with with writing with it, sometimes if people can't connect with their own words, to process it through writing something would be fantastic.

Miya 10:45

Exactly, exactly. And, you know, sometimes it may just be instrumental. And other times it can be with lyrics, and we can really go a little bit more in depth as to what those lyrics represent. And how do you move through, move through them?

Rosanne 10:59

That's great. And I would assume it would be a little different between in home care and community, whether it be assisted living, or skilled nursing, I would think there would be a little difference. Can you tell me about a little bit of that?

Miya 11:13

Sure. Well, you know, we can work in so many different types of settings. And you're right, there's a little bit of a difference in terms of what the usually what the homes themselves are looking for, for us to provide. So are they looking for us to provide group programming, are they finding that a lot of their clients or residents are very isolated, and so one to one, programming would be more appropriate. In nursing homes and long term care, we're often and it's gaining more momentum, but we're often really considered a part of the team. And that's really lovely. So we're there, not just providing the sessions, but we are collaborating with the physiotherapist and you know, other professionals, and we're documenting the progress. And we're sitting in on those care meetings with the families, and we're getting to know the families and in other settings, like assisted living or retirement, it's sometimes that we're just popping in and out. So there's only time for, you know, a brief group group session, and we can't necessarily do that all of that other work that that's important.

Rosanne 12:17

Well, and it's really, it's almost like being the pied piper. Yes. I mean, people hear music, and they're like, Wait, where's that coming from? That's great.

Miya 12:26

Who's that music lady? will often hear this music.

Rosanne 12:29

Right. Well, I think all of that can help also with and I don't want to say drudgery, but the you know, drudgery of physical therapy and occupational therapy, like, you know, people, it's hard sometimes, and it's hard to stay motivated to continue with that. And musics a great little boost

Miya 12:46

Yes it boosts. So it's not only motivating it, you know, because it motivates us physically and emotionally. But it's also and research backs this up, it's, it's a mood booster, right, it releases dopamine, it releases prolactin, and it just improves our mood if it's used correctly. And that, I think that's you know, we're also finding that, you know, music therapists aren't the only ones of course, not the only ones using music. It's used by many professional health care professionals. And because they've seen it, and they know that it can help to boost mood and help in challenging scenarios. And so a lot of what you know, I love to do is also share with those professionals and with caregivers, how they can use music most effectively, right? And how they can, you know, what are the what are the things they need to know to not just put it on in the background and leave it because that is quite powerful?

Rosanne 13:42

Well, what can they do to bring it in and to try to connect?

Miya 13:46

Yes, so there's a few things. The first is that the first is that it might sound might sound a bit obvious, but to non assumptions about someone's musical preferences whenever possible, because you know, what I'm finding a lot of times in nursing homes, when I'm not there as a music therapist, is that there's various programs where residents are left with headphones, and music playing from likely from when they were, you know, teenagers and young adults. And while that may be all very well, there may be

you know, things songs in there that really irritate them that they didn't that are not their preferences, or even worse, that trigger them, right that have they have a real negative connotation to and music is so evocative, right, which is part of how we use it as therapists but it can also it means that it can also cause harm if we don't use it carefully and safely. So as much as possible, gathering information where we can from from family, and I will also share I see this a lot where you know, maybe somebody's having a challenging moment, or challenge or what you might call behavior where they're having trouble, you know, transitioning from, let's say, the dining hall to tie, you know, a bath and music can I find a lot of health care professionals or caregivers will I understandably so put on a song that's really happy go lucky, gonna hopefully improve their mood, make them you know, they're feeling sad, they're feeling angry, let's put something on that happy and that will change their mood. But in fact, that's kind of similar to you know, if I were to say to you, Roseanne, I'm having I'm feeling so sad right now I'm having a terrible day. And you were to say to me, Oh, just, you know, back up feel better. Yeah. I would say, Well, you know, that doesn't feel right. That doesn't work for me, right? Music is most effective when we're using it to meet people where they are and meet the patients where they are first, and then slowly help them transition to that desired mood state.

Rosanne 15:51

I love that. And I really do love the you really, it's like everything else Miya really it comes down it's it's person centered. That's just because you grew up, and you went to high school in the 50s doesn't mean you like 50s music.

Miya 16:05

Exactly.

Rosanne 16:06

Just because dot dot dot doesn't mean and you really have to know who you know your audience. Right?

Miya 16:14

Yes. And the same goes with culture. Right? Or, or religion, right? Somebody? Right? Right? It doesn't mean that we don't, you don't necessarily have all the information as to how someone associated with that culture or religion. It may be quite inappropriate to just play play music from from that all day long, right? Yes, definitely. Exactly. Person Centered Care, individualized care.

Rosanne 16:38

That's great. I love that. Do you find that there's specific types of music that are more beneficial than others? Or does it? Is it just whatever?

Miya 16:46

It really is about preference? It really is. Yeah. So depending, of course, on which population you're working with, but yes, as much as possible, finding out what, what the person loves what they respond to. And if you can't find that out from family from background notes, then you know, a little trial and error, and really paying attention to the cues as to what they respond best to.

Rosanne 17:12

And when, when we're caring at home, it's the same, same thing.

Miya 17:15

It's the same thing, you know, being mindful about background music, and what might be, you know, just paying attention to the cues, because sometimes those extra noises and sounds can be as much as we like to imagine that music is always relaxing, are always useful and beneficial. There are times where it's contra indicated, it's not appropriate, and sometimes it's distracting. Or it can, it can, it can cause more agitation than you know, than we'd like. So just as I like to call it using music with intention, right? Not just put it throwing it on, because we know it works and in some capacity,

Rosanne 17:55

Right like, Oh, I hear music is great. Why don't I just put it on? It's like, no, it's annoying.

Miya 17:59

Yes.

Rosanne 18:01

You don't want it to be annoying?

Miya 18:02

No

Rosanne 18:03

I think it can also help the caregiver

Miya 18:05

Absolutely I'm, I, I think there needs to be a little bit more research in this area. And I'm very interested in it because I see it all the time. It can help in a number of ways. The you know, one, one way is by providing some rest and respite for the caregiver, it's it music therapy can be so engaging for an individual for the for the client. And you know, the music therapist is always working on building that rapport and connection with their clients. So the caregiver can feel comfortable and safe that they you know, they're together they're having their their time and and they're engaged and enjoying enjoying themselves and they can take some time for themselves. And that's that's huge other ways. We often have caregivers participating in sessions and it can be just as therapeutic for the caregiver as it is for the client. One way that so is by just getting to see your loved one, if it's your loved one, engaging in such a way and and that you've likely seen them engage within the past right singing a song that you may have heard them saying when you were younger, or seeing how their face lights that were how they move their body to the music, just these little things that really can remind you of special moments and help you feel good about what you're providing for them in these sessions. And other times it can really be geared towards the caregiver. Sometimes it's a it's a client, caregiver joint session, and the music therapists can really pay attention to the needs of the caregiver as well because they're likely experiencing burnout at various phases and music can provide as we discussed, right, it can provide so much and and it can give them you know, a mode of expression. It can give them some time to unwind.

So there's quite a few, quite a few ways that we can work with the caregivers. And you know, there's something we call family music therapy as well, where we're really involving the entire family. And everybody's quite involved in the process, especially we find, especially in end of life care, sometimes involved to the point where, you know, they're in the room, we're all in the room together, including the music therapist, and on the final in the final hours, and preparing together what those last moments will look like, with music to help guide the day.

Rosanne 20:32

Wow, that's amazing. That's very interesting. I love that. What would you like to see, as far as music therapy becoming integrated into caring across the across the the caring journey.

Miya 20:46

I would like to I would love to see and I do feel for going in this direction, I would just love to see music therapists, music therapy be integrated as a, as a real, not only important, but an integral part of the healthcare team. So we have our physiotherapist or occupational therapist that, you know, are always there. And so should the music therapist always be there, because it is about mental health, it's about quality of life. And these, these pieces just are invaluable. And I would also really like to see more just understanding as a whole, you know, amongst healthcare settings, and how to use music in their, in their scope of practice, when the music therapist can't be accessed for one reason or another. And the same goes with caregivers. So, you know, it's I and we understand that music therapy can't always isn't always accessible for some for for a number of reasons. And so what can we do? How can we do our part in, in educating and helping caregivers

Rosanne 21:47

And I think not having caregivers be afraid of accessing that, like, Oh, my father won't like that, or my mother won't like that. I would have never thought, well, I shouldn't say that. My mother loved all music. But to have the, the music therapist come with her guitar and sing an acoustical version of New York, New York was the happiest day, because it wasn't the regular New York, New York, but it was still that music, and it was still that connection. And that's what it really comes down to you can always connect through music. Yes. Yes, absolutely. Now, how does a caregiver find an accredited music therapist?

Miya 22:30

So the best thing to do is to look at either the national association. So in the United States is the American Music Therapy Association, here in Canada, the Canadian Association for music therapists or there is a state associations and provincial associations that you can that you can take a look at that may should be able to guide you to someone local for you.

Rosanne 22:55

Is this a worldwide therapy? Or is it only you know, in certain areas,

Miya 23:00

it's definitely worldwide, it's not, you know, it's not everywhere, but it's, it's, it's gaining momentum. And there's also a World Federation of music therapy. And on their website, you can see where around the world are their training institutions, universities, offering music therapy programs, their world

conferences, the next World Conference is in Canada, here in Canada. And for for those individuals who can't access a music therapist, whether they are in a country that is not offering music, you know, there, they can't find a music therapist, the great thing, one of the great things that has happened over the past couple years is we've gone virtual, and we can access so many more individuals who need it, and who otherwise would not have access to music therapy.

Rosanne 23:50

Oh, that's great. So if you're, if you're caring, it's not the hospice piece, because because that's incorporated. But if you're caring for someone s and you want to get music therapy on board, s, do you need a doctor's note for this? Do you need a prescription for this? You can just call and have a music therapist come?

Miya 24:09

You just call you call a local music therapist, a company that's providing these services and you just want to make sure again that they're certified? And you don't need any anything else.

Rosanne 24:21

That's wonderful.

Miya 24:21

Yes.

Rosanne 24:22

Because sometimes, you know, the benefits. You know, it's different benefits with different people and you never know.

Miya 24:27

Yes, yes. You never know. You have to look into your particular plans and what what you can access.

Rosanne 24:35

That's great. I had no idea. And I'm thinking that's common. I'm thinking people just don't you know, when you hear music therapy, you're like, Oh, it's another therapy. But it's not it's it's so much more than that, because it's almost like Joy therapy.

Miya 24:51

Definitely. Definitely can provide a lot of moments of, of pure joy.

Rosanne 24:57

Yeah, yes. It's almost the connection in the music it's like, if you don't like the music, that's okay. Your care partner likes the music, put that music on. Yes. You know, and and they can then it's, it's that it's just that that soothe. It's a soothing, really, that happens.

Miya 25:19

Definitely, definitely. And, you know, we find that when it's music that the individual loves, right, that they respond to that they enjoy it throughout their lives, I think, you know, some of the research is showing that it, one of the reasons it's so effective is that it provides a really emotional and emotional distraction from either from, you know, physical pain from a struggle from a challenging moment from confusion, it holds our emotional attention so strongly this music that we have this connection to, and that's part of what makes it makes it so powerful.

Rosanne 25:53

Well, that's why it's so important to have the right music for the right people, actually, well, and, you know, I think it was, was a Dick Clark who said music is the soundtrack of our lives. It's because it is because you think, Oh, my goodness, I remember that, oh, you know, I used to dance to this, I used to, you know, or I hate this song, because it makes me think of dot dot dot, but it's powerful,

Miya 26:16

It's powerful, it's powerful. And knowing, you know, if our, the individual individuals we're working with, you know, are ready or want to go to back to some of those, those memories, whether they, whether it's a real cognitive memory, or it's just, it kind of takes you back there physically, whatever it is, sometimes it's not appropriate, right, a wedding song, even songs that have brought us joy. So really, you know, always kind of always assessing as to what's appropriate. And sometimes those life, track your age that you mentioned, music are extremely appropriate and bring back so much joy. And other times, they can just bring fill our loved one with so much emotion, that it can be overwhelming and just sometimes feel impossible to redirect after that, really, you know, and that changes and fluctuates?

Rosanne 27:05

Do people want to be involved with music therapy? Do they want to take part in the music therapy? Do they do have that type of relationship with people that you see that that they're like, you know, my mother loved it, my father and loved it, whatever? What do you see in that realm?

Miya 27:20

Well, first of all, you know, working in nursing homes, we often I'll get a referral from another staff who might say, this resident is not coming out of their room, they're not responding to any of us, can you please go in with your guitar on your back, just because most, you know, I don't want to put a statistic that I just make up, but I'm, you know, 99% of this, but maybe that's a little high, but 95% of the time, someone will respond to just the fact that you have a guitar in your back and, and are coming approaching them with music. And that's just such a great place to start. And from there, we can do so much we can help bring them to other programs and help develop that rapport and work towards their goals. So most of the time, we we have a really pleasant response from from residents and in nursing homes in particular. But, you know, in many, many settings, and well with families, the response is so, so lovely, and makes the work very, very rewarding, just a lot of gratitude for for visiting their loved one and spending time with them and music bringing them these moments of joy, however brief, they might be these moments of connection. And you know, when the family gets to witness music therapy can be such a special moment for everybody involved. And it can, you know, then they they love to share it. You know, they often love to say, you know, share with other families and with the homes that hey, this

is this is really important. This is something that should be here more often and should be here, you know, in every home.

Rosanne 28:57

You're a door opener.

Miya 28:58

Yes. That's a great way to say That's exactly it. Yes, I you know, I've had times where I was shocked. Someone said, you know, this resident just yells yells at anybody who comes in the room there. They don't want anything to do with one single staff and they come in with a guitar and they're perfectly pleasant and happy to engage them music is your music is a door opener.

Rosanne 29:22

Why did you get involved in this? What made you want to be a music therapist?

Miya 29:26

Yes, I actually, in the seventh grade, I My class was instructed to do a career aptitude test and the first match for me was music therapist. And at that time, I, my parents were going through a divorce my home life was not a happy place to be. And I had began learning the guitar and using music myself to express myself and so when I saw those words together, music therapists just somewhere deep inside, I knew that that resonated with me and that I was what I would be doing one day. Um, but of course, life gets in the way. And I ended up on different tracks and came back to finding this amazing field. And, you know, it's for anybody who loves music isn't, has a musical background, as a musician, who wants to work with people is interested in psychology and wants to make a difference. has those interpersonal skills, right? It's it's an incredible field, and it's growing by the day, and it's a very exciting and rewarding field to be a part of,

Rosanne 30:35

It would seem to be I mean, it really, it's happy, you're bringing happy,

Miya 30:40

so much of the time. Yes. And, you know, sometimes sometimes we're not bringing happy, I'll say sometimes, like I said, those songs, and music can bring back some hard things, and we're, and then we can help our clients to work through them. And hopefully, ultimately, you know, come back to that, to that joy, and that happiness that sometimes it's, it's, it's that, you know, you might have heard the quote, and I forgetting exactly how it goes now, but music speaks louder than words, something like that. And sometimes when we can't find the words, when we're going through a really challenging times, music is, is the way in and so not every session will always look really, really joyful. Some sessions might look a little harder, and there may be more emotional, but they are important nonetheless and help help with that release. And catharsis often.

Rosanne 31:34

Was there one particular moment or person that you connected with that made you go, Oh, this is, this is this is what it's all about.

Miya 31:44

There's been so many times, I'm very lucky to say that my you know, I didn't anticipate that I would be working in geriatrics. I thought going into my music therapy program, I'm my experience was in working with children. And that was what I was focused on. In my very first practicum, I was placed in long term care, no experience in this area. And we were on our very first day there, we were instructed to just not really engage with anyone, but just observe how people were responding to music, either background music or music programs. And I was very struck by one individual who had been watching that day who'd been really just staring, staring at the ground, and not move, hardly moving, not engaging with anyone who attempted to engage with her. And somebody came for church services. And they played the piano. And the moment the piano started, she looked up, her fingers began to move as though she was playing the piano, she smiled, she laughed, she sang and the shock that I felt was so intense, and the joy that I felt for her that she could experience this, this. And I just felt them that this was such an, you know, underserved population that, you know, maybe we were forgetting about our, our older adults in the community and the services that they really need for good quality of life. And I just, that was the very first experience I had. And there's just been countless, countless others and in music therapy, the one other that really stands out to me was, you know, one man who I was working in a long term care home and I had the guitar on my back, walking down the hall and I suddenly heard someone playing the harmonica. I thought, oh, that's something I don't hear every day when I'm walking down the hallway and stopped in and learned that he's been he was a huge music lover, musician himself and learnt that he did not come out of his room at all for me, not for meals, not for programs. And I became, I was able to build this really wonderful connection relation with him through music, and it became you know, right up until the end of his life and his family was just expressed so much gratitude for, for that connection that he was able to, to have and for bringing music back into his life because I feel like we often you know, something that we forget sometimes is that the older populations, how they engaged in music, when they were younger, was usually social. It was in a social way, right sitting around outside singing together, it was building community. And today, it's very, it can be very individualized, right listening to your music on your headphones alone while you're doing work. So although he was, you know, at that time making music on his own, he was missing that what he had grown up with, which is making music with others and connecting and having that joy in music making. So being able to bring that back to the end to the later part of his life was really was really lovely.

Rosanne 34:51

When you see someone transform because of the music they're hearing. Yes. It's pretty heady stuff.

Miya 34:58

Yes, yeah. Is it is it's it's emotional. And you're right, it's a transformation. That's a great way to describe it. And the way that a music therapist might respond to that transformation is that they may see an individual begin to move their bodies a little bit, tap their feet, tap their hands on their knees, and the music therapist will be observing all of these reactions and help to enhance it for them. So they may, you know, join in with the tapping of the knees, they may do a little bit of hand over hand, some swaying back and forth. There's just a constant music therapist is constantly observing the ways in which their clients are engaging in the music and, and really making it a full experience for them.

Rosanne 35:43

A big thank you to my Miya Adout from Miya music therapy. To learn more about Miya and her team, check out MiyaMusicTherapy.com I hope you enjoyed our podcast today, head over to Daughterhood.org and click on the podcast section for show notes, including the full transcript and links to any resources and information from today's episode. You can find and review us on Apple podcasts or anywhere you listen to your podcasts. We are also on Facebook, Twitter, and Instagram, at Daughterhood the Podcast and on my blog, HeyRoe.com. Feel free to leave me a message and let me know what issues you may be facing and we'd like to hear more about or even if you just want to say hi, I'd love to hear from you. Also a very special thank you to Susan Rowe for our theme music, the instrumental version of her beautiful song Mamas Eyes from her album Lessons In Love. I hope you found what you were looking for today, information, inspiration or even just a little company. This is Rosanne Corcoran. I hope you'll join me next time in Daughterhood.