NeuroNight
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What is 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. (From the American Music Therapy Association)
What is Neurologic Music Therapy (NMT)?

• A professional designation requiring additional training
• Based upon neuroscience research
• Populations served include: stroke, traumatic brain injury, Parkinson’s and Huntington’s disease, cerebral palsy, Alzheimer’s disease, autism, and other neurological diseases affecting cognition, movement, and communication. (from the Academy of Neurologic Music Therapy)
• Provides specific, individualized, and standardized treatment techniques for those affected by neurologic injury or disease (Sensorimotor, Speech and Language and Cognitive Rehabilitation)
• Uses rhythm, melody, dynamics, tempo and other elements inherent to music to target non-musical goals
• Example: entrainment
Did you know?

- Music listening can cause the brain to release the “feel good” neurochemical, dopamine.
- Active music making provides a whole-brain workout by stimulating the brain bilaterally.
- Music can be used to motivate by creating an enjoyable and creative environment in which to do rehabilitative work.
What is speech-language therapy?

Speech-language pathologists (SLPs) work to prevent, assess, diagnose, and treat speech, language, social communication, cognitive-communication, and swallowing disorders in children and adults. (From the American Speech-Language & Hearing Association)
What skills to SLPs target in the neurologically impacted population?

- **Cognitive-communication**: problems organizing thoughts, paying attention, remembering, planning, and/or problem-solving

- **Speech**: difficulty producing speech sounds correctly or fluently or has problems with his or her voice or resonance.

- **Language**: trouble understanding others (receptive language), or sharing thoughts, ideas, and feelings (expressive language). Language disorders may be spoken or written and may involve the form, content, and/or use of language in functional and socially appropriate ways.

- **Social Communication**: social use of verbal and nonverbal communication. These disorders may include problems (a) communicating for social purposes (e.g., greeting, commenting, asking questions), (b) talking in different ways to suit the listener and setting, and (c) following rules for conversation and story-telling.

- **Swallowing**: feeding and swallowing difficulties

  - (From the American Speech-Language & Hearing Association)
My Background and Experience with MT

- Inpatient Rehabilitation SLP
  - Traumatic brain injury and stroke rehabilitation

- Co-treatment with SLP goals via music therapy interventions
  - Attention (or ability to focus) - this can be focusing one item at a time and/or focusing on an item with distractions present
  - Talking – singing lyrics to songs for clear speech
  - Listening – answering questions about lyrics or musical content
Let's try it!
Lazy yellow moon coming up tonight
Shining through the trees
Crickets are singing and lightning bugs are floating on the breeze
Baby get ready

Across the field where the creek turns back by the old stone road
I'm gonna take you to a special place that nobody knows
Baby, get ready
You and me going fishing in the dark
Lying on our backs and counting the stars where the cool grass grows

Down by the river in the full moonlight
We'll be falling in love
in the middle of the night
Just moving slow

Staying the whole night through
Feels so good to be with you

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Any questions?