

One Client, One Instrument:

Creating Multiple, Goal-Based Therapeutic
Music Experiences with Limited Materials

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Overview



- ◆ Introduction of the topic
- ◆ Application/Therapeutic Music Experience (TME) Decision Tree to Goal
- ◆ Goal to Application/TME
- ◆ Sharing Ideas

Why this presentation?

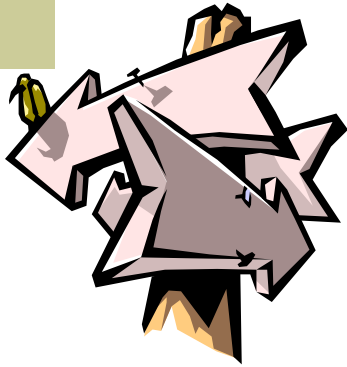
ME

- ◆ Presenter philosophy on client contribution to therapy...
- ◆ Budgetary restraints...
- ◆ “The true creator is necessity, who is the mother of our invention.” Plato

YOU

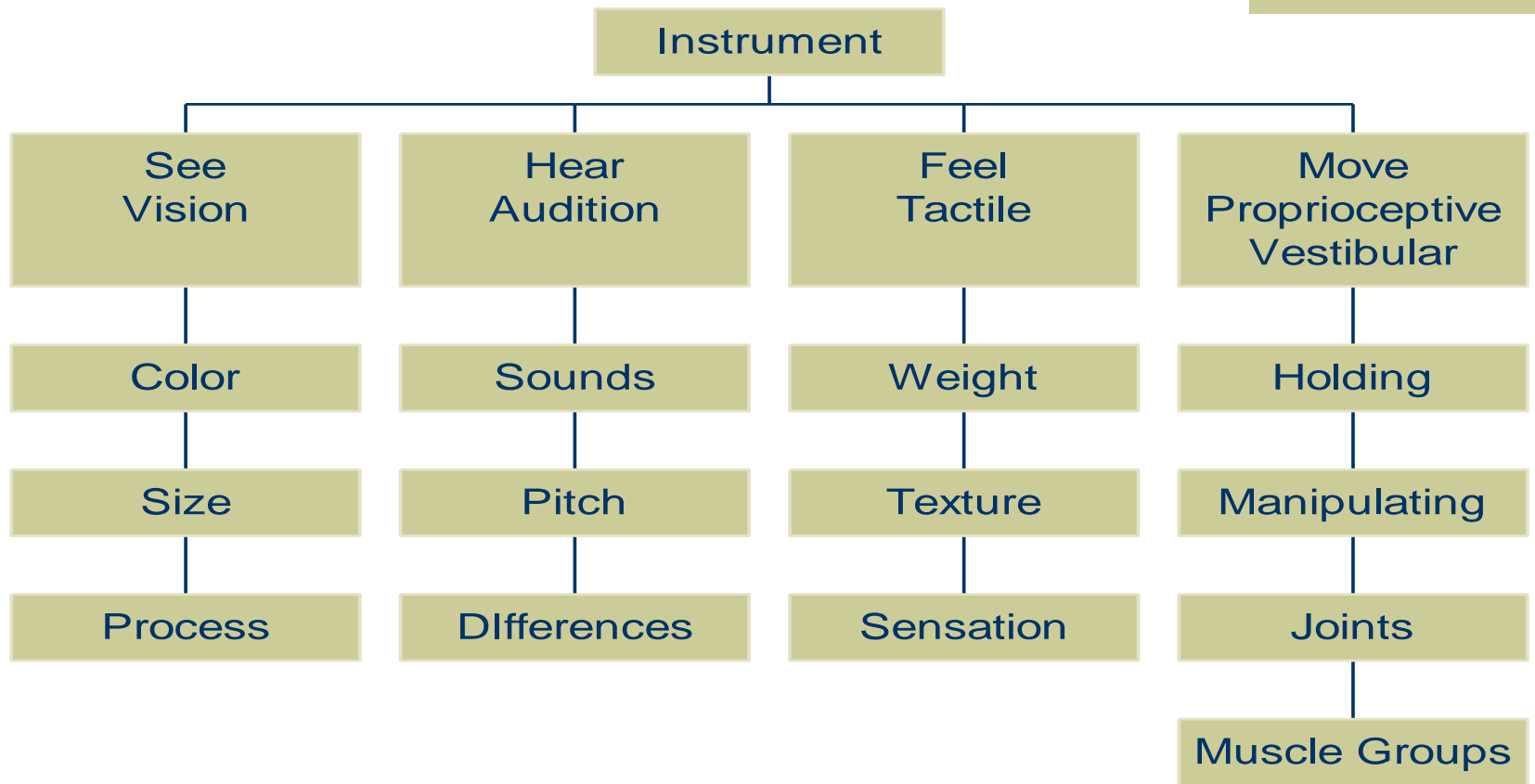
- ◆ Interested in developing new TMEs for clients.
- ◆ Linking MT treatment to client goals and objectives.

Progress through the Decision Tree



- ◆ Use each of the senses to develop a program for how the instrument is used.
- ◆ Once you have listed all of the sensory information that is available, start to evaluate the ways that you could use the instrument with clients.

Decision Tree – Step One

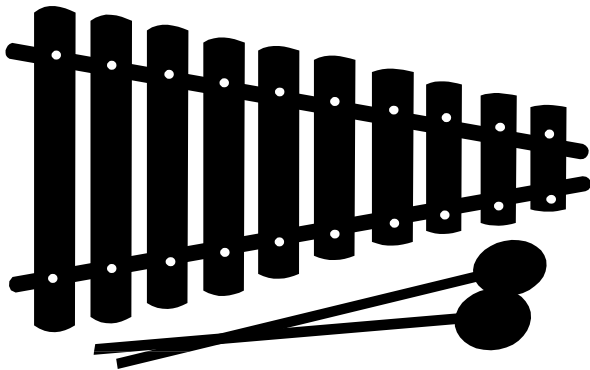


We now have many places to start...



- ◆ So, one instrument can provide a client with an opportunity to work on...
- ◆ We can then use this instrument to accomplish a variety of goals.

Goal development



So, if we use all of our senses when we play a tenor xylophone, we can use this one instrument to address many different goals.

- ◆ A tenor xylophone can assist a client in completing motor goals, sensory goals, impulse control, attention to task, and many other goals.

Now, develop the therapeutic music experiences

- ◆ Start with the goal.
- ◆ There are many pathways to a goal. All therapeutic musical experiences (TMEs) should address client goals and objectives.
- ◆ You don't have to always do the same thing for the same goal/objective.
- ◆ TMEs should be as general as possible to accommodate client interests.

Sample Client Goals

- ◆ Increase impulse control.
 - Indicated by following cues, waiting for a turn during group activities...
- ◆ Improve fine motor development.
 - Palmar grasp
 - Pincer grasp
- ◆ Increase attention to task.

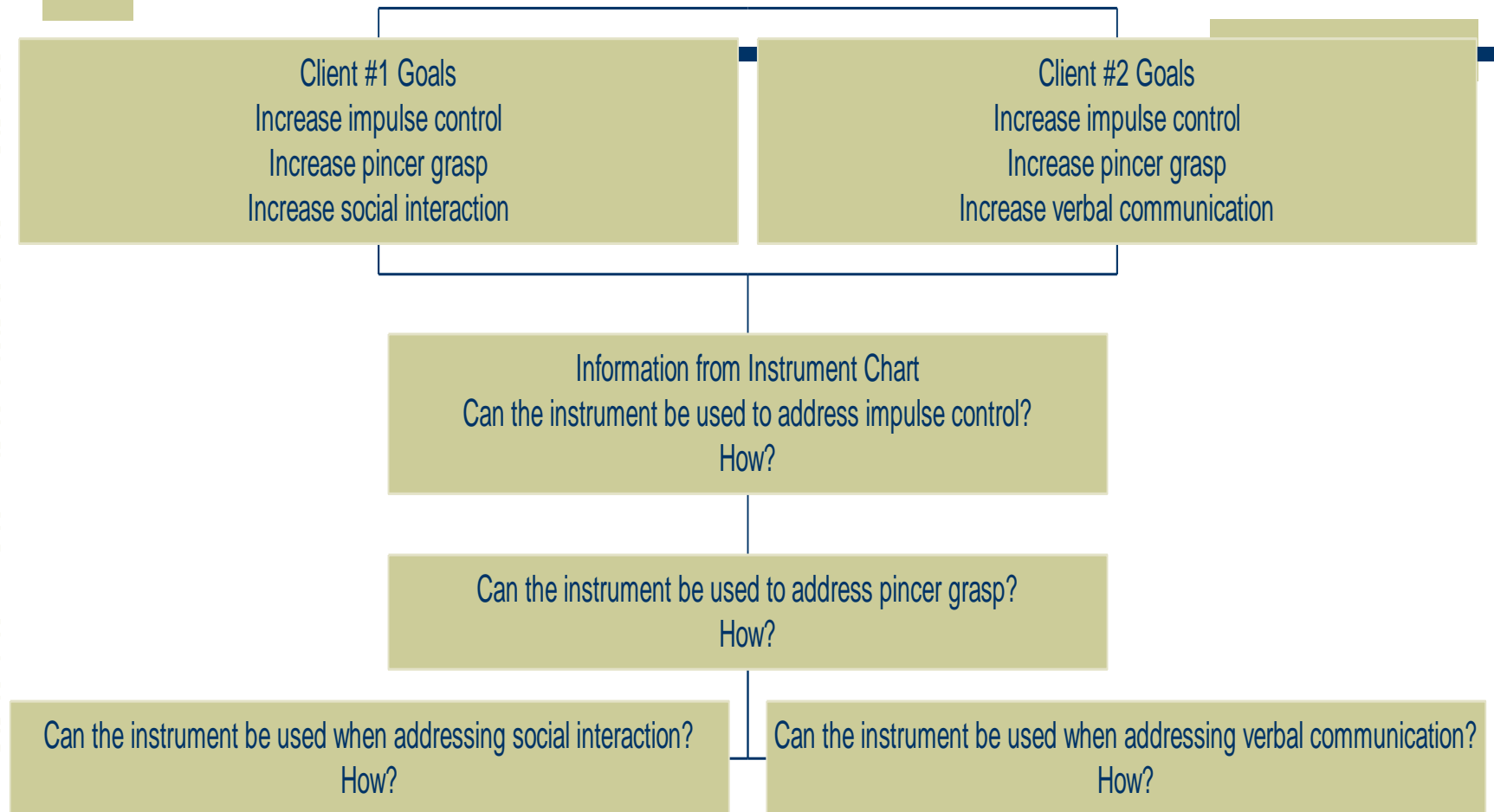
Sample Client Objectives

- ◆ Client will demonstrate impulse control through completing 3 of 5 cues offered during an instrumental application with one gestural prompt from the group leader for three consecutive sessions.
- ◆ Client will maintain a pincer grasp for a duration of 5 seconds, 4 out of 5 trials for three consecutive sessions.

Back to the instrument

- ◆ How can the instrument that is available work into the client's goal and objective?
- ◆ What are all of the different ways that you can use the instrument?
- ◆ How can you use the instrument to get the client to his or her goal?
- ◆ Can you use this instrument to work on impulse control? How? Pincer grasp?

Decision Tree – Step Two



Conclusions

- ◆ Examine all possibilities for the instrument. Sensory input to the client, ways to manipulate the instrument to achieve goals.
- ◆ Use these possibilities to develop TMEs for the client.
- ◆ Adapt TMEs to engage client interest by using the materials that the client indicates.
- ◆ Be flexible in making changes to TMEs.