

Natural Healing Express Weekly

Column Volume 75 Vitamin M, The Healing Power of Music, Part II

Thank you so much for the positive responses we have received from our previous article. It really made my heart to soar hear you guys say things like “what great memories, and thank you for showcasing the gift of music.” This is why I do what I do every day, I have a passion for healing and natural health; and what is more natural than folks making music? Oh, the sweet sound. (unless of course it is your 7<sup>th</sup> grader taking his first tuba lesson.) Beauty is in the eye of the beholder and those possessing ear plugs. But, I digress.

This week, I have promised a much less exciting article, enlightening us all on the history and techniques of our beloved and self-named “Vitamin M”, or as the trained professionals call it, “Music Therapy.”

In 1960, according to Davis, Gfeller and Thaut, The National Association for Music Therapy defined music therapy as “the scientific application of the art of music to accomplish therapeutic aims. It is the use of music and of the therapist’s self to influence the changes in behavior.”

By 1997, the American Music Therapy Association published the following: “Music Therapy is an established allied health profession using music and music activities to address the physical, psychological, cognitive and social needs of individuals with disabilities. The professional was established in 1950 as a result of work done using music with patients in Veterans’ Hospitals following World War II. Today over 5,000 music therapists are employed throughout the United States in settings such as hospitals, clinics, day care facilities, schools, community mental health centers, substance abuse facilities, nursing homes, hospices, rehabilitation centers, correctional facilities and private practices. Nearly half a century of research in music therapy supports the effectiveness of music therapy in many areas such as facilitating movement and overall physical rehabilitation; motivating people to cope with treatment; providing emotional support for clients and families; providing an outlet of feelings and providing process oriented psychotherapy.”

In 2005, the same group says this, “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. “

In 2013, there is a Certified Board for Music Therapists and several colleges and universities across the world teaching students through accredited programs, including Michigan State University who celebrated their 50<sup>th</sup> year of teaching this program in 1994. Didn’t know that? Me, either.

As an aside, because this article is beginning to give me dissertation flashbacks, the number one song in January 1944 was “Paper Doll” by the Mills Brothers. In comparison, the number one hit in January 1994 was “Hero” by Mariah Carey. And just for added effect, the number one song in January 2013 was “Locked out of Heaven” by Bruno Mars.

Another rarely known fact is that since 1994, there are partially funded music therapy programs paid for via Medicare and Medicaid programs. Illinois does not currently participate in these, but my soul state, as Jim Nabors so eloquently puts at every Indy 500, “Back Home Again In Indiana”, supports the following: Home and Community-Based Waivers managed by the Division of Disability and Rehabilitation Services includes music therapy as a covered service for the following three waiver programs: Developmental Disability Waiver, Autism Waiver, and Support Services Waiver. Who knew?

So, who can benefit from Music Therapy (Vitamin M)? According to [www.musictherapy.org](http://www.musictherapy.org), they list beneficiaries as children, adolescents, adults, and the elderly with mental health needs, developmental and learning disabilities, Alzheimer's disease and other aging related conditions, substance abuse problems, brain injuries, physical disabilities, and acute and chronic pain, including mothers in labor.

My answer of course is – EVERYONE CAN BENEFIT! I am looking at this from the Doctor of Natural Health standpoint which encompasses our being as a whole including the behavioral, physical, intellectual, emotional and spiritual aspects. When one aspect is out of balance, the being is out of balance.

Immediately I shout out to those experiencing the disharmonies of depression, stress, grieving and broken love. I could go on for days regarding the chemical effects EMOTIONS have on the body, but I will spare you since this is already a “heady” article, just take two Haggards and call me in the morning.

And, I promise you, if you have stuck with us this far in this series, you will be richly rewarded with some exclusive coverage in the next few segments. Hhhhhmmmm.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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