



Music Therapy and Huntington`s Disease

Workshop Bucharesti 5th October 2019

For mestring og verdighet

Sunniva

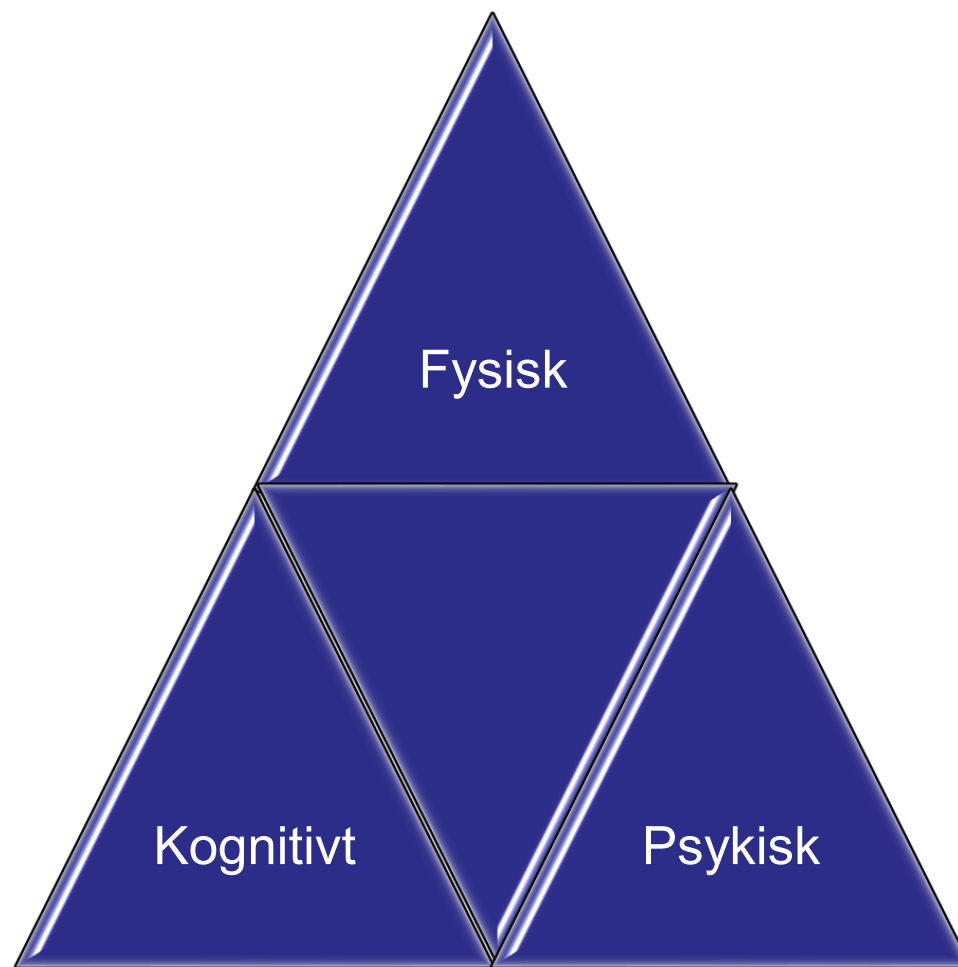
- Music Therapist at the Neuropsychiatric Departement for Huntington`s Disease at NKS Olaviken since 2015 (100%)
- Phd student from 2019 («DysfaSing» - Music Therapy as treatment intervention for Dysphagia in early stage of HD)



The «power» of music

- <https://www.facebook.com/Mtherapy/videos/1231672040309919/>

The multidimensional perspective



For mestring og verdighet

Song-writing

- Psychological: put into words difficult feelings and emotions
- Physiological: speech and articulation
- Psychosocial: gaining acknowledgement and recognition
- Cognition: Recall memories, construct sentences and preserve language-capacities.



For mestring og verdighet

Kim's Song

- <https://soundcloud.com/nmh-oslo/sets/naess-og-ruud-musikkterapi-i-praksis>

«Marianne»

My daughter I love u so much
I will protect u from all dangers in the world
You`re my precious diamond
We use to play with each other
2 one of us got tired and that`s me.

My hold world spins around u my little princess.
I will die for u Marianne.
2 keep u safe my little tinkerbelle.
U bright up my sad life.
When u come in the door u see me standing there
U run in my arms and give me a kiss
That feeling can`t be explained.

Ref.: Daddy loves u so much, daddy loves u so much,
daddy loves u so much, daddy loves u so much

«Marianne»

Your mum was amazing, but we got divorced
She`s my biggest sorrow in the world.
But daddy was hustling and made mummy sad.
Daddy was a playboy and made mummy very sad.
Daddy cheated on mummy, something daddy regrets.

But daddy was crazy that time and made a lot of people suffer .

She loves ice like me and looks like a princess.
She fulfill my life and got me 2 stop hustling and 2 stop with drugs.
U and me princess for a lifetime
Daddy loves u over the moon

My feelings to you can't be explained
How much I love u, Marianne
And how I worship u
My little princess
U are my sunshine in my sad life

Ref.: Daddy loves u so much, daddy loves u so much
Daddy loves u so much, daddy loves u so much

For mestring og verdighet

Music Vocal Program

- Specific intervention to accommodate speech, cognition and physical abilities:
- Practical example.



Where words fail, music speaks.

(Hans Christian Andersen)

izquotes.com

For mestring og verdighet

- Give the person a feeling of being heard, included and understood in the musical interaction.
 - Sounds
 - Bodily gestures
 - Facial expressions
-
- Transform the person`s way of being into meaningful interaction.

PRINCE «OTTO»

Melodi: Jenter som kommer og jenter som går

REF.: HI PRINCE«OTTO» WHO ARE SO NICE
DO YOU FEEL OKAY TODAY?
WE ARE GONNA PLAY SOME OF YOUR FAVOURITE SONGS,
LIKE «SHA-LA-LA ER DU FORNØYD OG GLAD» (NORWEGIAN SONG)
HEY, HEY, HEY HEY ETC..

«OTTO» YOU HAVE TAUGHT ME SO MANY WORDS
THAT I TRY HARD TO UNDERSTAND
MIDGARD AND MIDGARDSHEI, MOSHKA AND MITT
DOES THAT MEAN SOMETHING NICE OR DOES IT MEAN ****???

REF.: HI PRINCE «OTTO» WHO ARE SO NICE...



Music and identity



For mestring og verdighet

- “(...) individuals use music as a badge to communicate information about themselves (...)

(Rentfrow & McDonald, 2010, p.685).



Part 2

- Practical task
(interactive part)



Practical task: Music and identity

1. Make a musical interview with your partner(s), using the scheme. If possible; link your musical preferences to life-events/memories.
2. Discuss how these musical preferences could be used in a therapeutic context.

Music and Identity – interview

- **Childhood**
- **Schooldays**
- **Youth**
- **Adult life**
- **Now**
- **What music do you dislike**

Current project and research

Sunniva

- Sound – Beam project: «Did you know that «chorea» means to dance?»
- DysfaSing – Home based Music Therapy as treatment intervention for Dysphagia in early stage of HD.

«Did you know that chorea means to dance?» (“Sverre”)

- Symptom as a meaningful resource?



For mestring og verdighet

Case study «Sound Beam»

- Financed by POLYFON
- Evaluate if Sound Beam can be a useful tool for increasing the communication and interaction between the patient and the music therapist
- Three patient in the late stage of the disease has been filmed during a session using the Sound Beam
- The patients have all lost their ability to speak and interaction is challenging

polyfon | kunnskapsklynge
for musikkterapi



For mestring og verdighet

- <https://vimeo.com/297305305>

DysfaSing

- Music Therapy as home-based treatment intervention for dysphagia en early stage of HD.
- Develope and test an intervention program addressing the spesific muscles involved in swallowing through vocal singing
- App «Alight» (Soundio) as an home-exercise tool in addition to face-to face music therapy

«Therapeutic singing as an early intervention for swallowing in persons with Parkinson's disease»

(E.L.StegemöllerPhD^aP.Hibbing^aH.Radig^aJ.Wingate^b



Why early stage?

- Users themselves report of a high level of unmet needs from early stage (van Walsem, Howe, Iversen, Frich & Andelic, 2015).
- Documented rehabilitation-potential for patients in early stage of HD (Zinzi et al., 2007; van Walsem et al, 2018)

Why dysphagia?

- Dysphagia has serious consequences such as malnutrition, pneumonia and acute respiration difficulties and possibly death.
- Anxiety
- Research indicates that a person develops dysphagia from an early stage («overt dysphagia») and that it is important to start as early as possible with interventions that can have a preventative effect on the development of dysphagia

(Heemserk & Roos, 2011)

Why dysphagia

- Lack of research with the intension to develop and test preventative interventions for dysphagia. (Heemskerk & Roos, 2011; Schradt et.al, 2016)

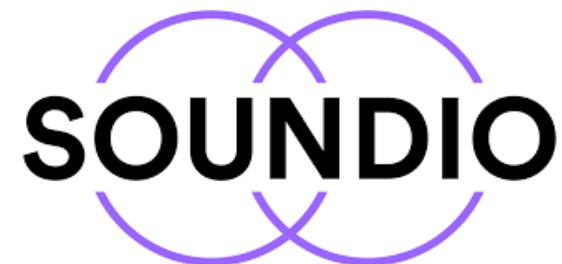
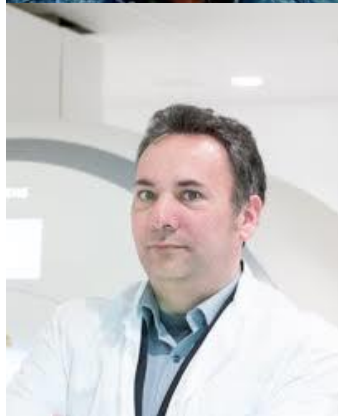
Why Music Therapy?

- Research studies with other neurological diseases (Parkinson, ALS og stroke) indicates promising results of using song and vocal training as a preventative treatment for dysphagia (Kim, 2010;2015; Jomori, 2010; Stegemöller et.al, 2017)
- When we sing, some of the same muscle groups used in the swallowing process are being activated. In addition, music stimulates the cerebral cortex in the brain, which are involved in the coordination of eating and swallowing (Stegemöller, 2017;Vega, 2019, Rauschecker,2006)

How?

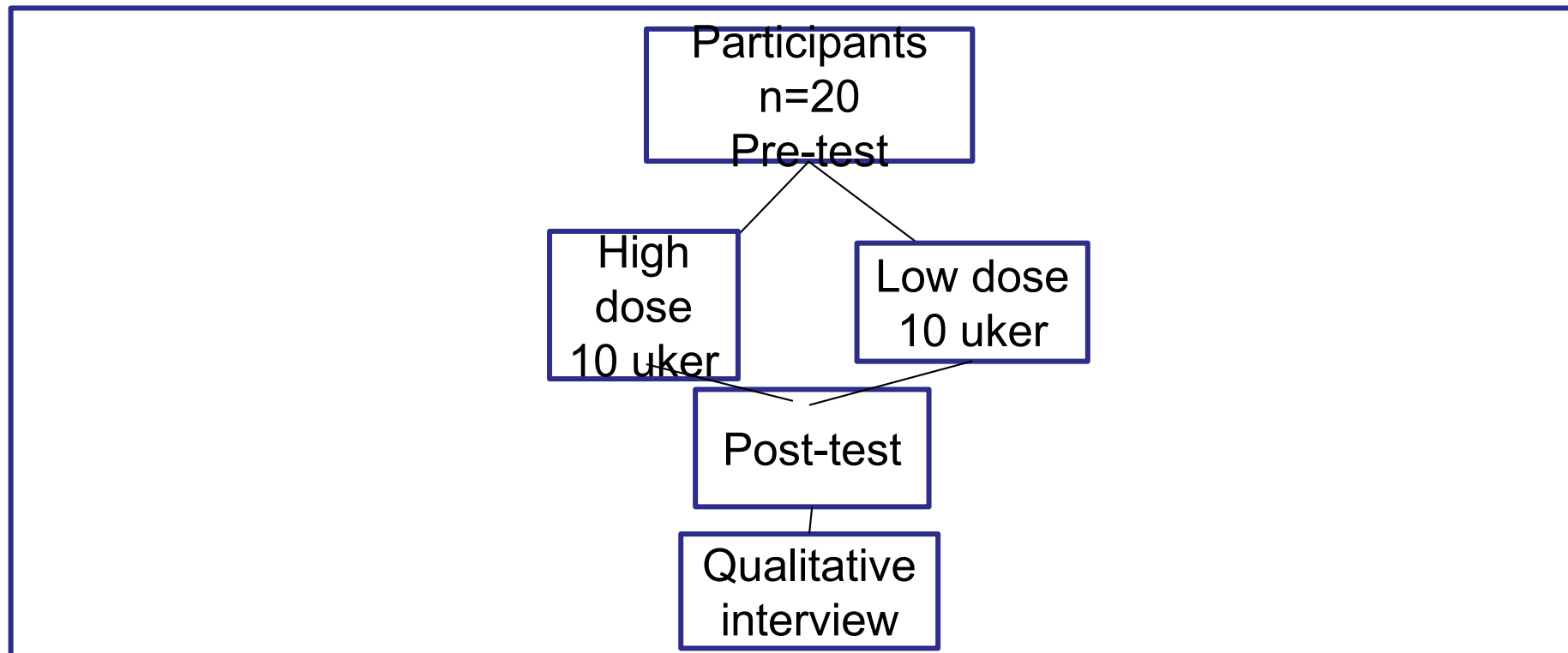
- In «DysfaSing» we aim to investigate the potential of using music therapy as treatment intervention for dysphagia in early stage of HD.
- Mixed method with diverse measurements related to physical, cognitive and psychological aspects related to dysphagia in HD.
- Surface EMG, fmRI, Noldus, MoCA, Panas-N, SWAL-QOL
- Qualitative interviews to gain insight into the participants experiences.

Research- and collaboration partners



For mestring og verdighet

Design: Mixed Method study



PART FIVE

- **HOW DO YOU USE MUSIC IN YOUR WORK? DISCUSSION AND EXAMPLES?**

Practical task 2: Song-writing

1. Choose a topic together: in example one of the seasons, food you like, interest (sport, music, handcraft etc) and write down some key words that you associate with this topic.
2. Find a melody that you are familiar with
3. Try to construct a lyric based on the key words that fits with the melody, making your «own song».
4. Discuss together how this lyrics could be used in a therapeutic setting with HD.