Interprofessional Webinar Series
Creative Arts Therapy: Restoring Communication and Relatedness

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Disclosure Slide

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Overview

• Historical Perspectives
• Definitions
• Empirical studies
• Therapeutic Processes
• Case Examples
• Indications for Referral
The Gift of the Arts

- Universal languages
- Offer creative, lyrical and symbolic means to express
- Aesthetic beauty
- Bring form, order, predictability
- Transcend predicaments, time and space
- Affirm or restore communication and sense of connection and relatedness with self, others, creation, universe
- Well-integrated into multidisciplinary care
Close to Home  By John McPherson

"Mr. Collins, how would you like to try out our new music therapy program?"
Patient/Family-Centered and Relationship-Based
Definitions

• Creative Arts Therapy: use of active engagement in arts with psychotherapeutic processes to address issues, symptoms -- medical, psychosocial, cognitive, spiritual, grief

• Is relationship-based: patient-caregivers-therapist; the artistic and psychological processes are dynamic forces for change

• Music Therapy: use of music and personalized interventions, with a licensed professional music therapist, to treat symptoms, address issues, grief, loss

• Art Therapy: therapeutic use of art-making, within a professional relationship, with those who experience illness, grief, trauma
Communication and Aphasia

Music therapy (with MIT, singing) provides means for expression and communication


Communication and Dementia/Alzheimer’s

Music therapy is known to stimulate memory and nonverbal, verbal communication in individuals with Alzheimer’s disease and dementia


Patient-Family-Staff Interaction

Music therapy improves caregivers’ connectedness with patient, bringing patient “back to life”


Music therapy enhances patient/parent-child connectedness

Patient-Family-Staff Interaction

Witnessing music therapy improves oncologic staff bystanders’ emotions, moods, feelings of self/other awareness, and teamwork; staff perceive improved patient care

Art Therapy and Expression

Art therapy provides a means for patients with cancer to describe their experience with pain and find support during isolation.


Art Therapy and Expression

Art therapy seems to “reroute” communication pathways away from traditional means

“Music is the voice of my heart. Music opens the emotions. In the Jewish synagogue, the Torah is behind the curtains. It is like music opens the curtains to get to the Torah inside. Sometimes we have curtains covering up our emotions, sometimes fences, sometimes walls. Music gets right through them, to the heart and emotions.”

Patient with Stage IV lymphoma, receiving MT
“Music stirs my appreciation. Music elevates me from the dread and terror of my disease and brings me to a life-elevated place. It brings me to a time when I forget I have cancer. Music envelopes me, and in our time here, I am in these places of peace.”

Patient with advanced breast cancer receiving MT
Therapeutic Processes

- Patient
- Medium of MUSIC, ART
- Therapist Therapeutic skills
- Family Member(s), Carer(s)
Integral to Process

• Sense of Presence
• Acceptance
• Listening: offer stillness; attendance; astute attention to all details
• Empathy: convey understanding, compassion
• Verbal skills: active and reflective listening
• Mindful self-awareness
• Therapeutic interventions: based on assessment; build upon patient/carer strengths, meaning
Dear Kim, I know you know this--but I long to tell you that I love you and miss you so.

Dear Kim, I just can’t tell you, how much you mean to me
And when I get home, I’ll hold you close to me.
We haven’t known each other very long
But I feel our love is very, very strong
Dear Kim, I want to tell you you’re the best in my life
And when I get home, I’ll hold you close to me, indefinitely
I love you so, I love you so.
Indications for Referral to CAT

- Challenging symptoms: pain, respiratory, agitation, insomnia, fatigue, mood
- Patient/family distress/dynamics, caregiver strain
- Anticipatory grief, pre-bereavement, life review
- Pediatric patients/caregiver support
- Cognitive or psychoemotional disorders
- Actively dying, IPU
- Special procedures, extubation
- Bereavement
Conclusion

• The creative arts therapies involve personalized strategies within the context of a therapeutic relationship with a LCAT, and offer opportunities for self-expression, communication.

• Music therapy and art therapy are known to ameliorate symptoms and facilitate patient-family-staff relatedness.

• Therapists work as collaborating members of IDTs, and provide ongoing assessments, treatments, evaluations and psycho-emotional support during illness and through bereavement.
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Q/A