



2018 Optimum Life[®] Continuing Education Series



Music Therapy for Holistic Pain and Symptom Control

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Every human being is a complex, interconnected entity with an array of physical, emotional, social, cognitive and spiritual needs crucial to health and wellness. Pain, discomfort and dissatisfaction may be experienced if an individual has any unsatisfied or unmet areas of health.

Music therapy is a powerful treatment designed to meet and treat the unique goals of each patient, including their spiritual, emotional, cognitive, social and physical needs. Often misunderstood as entertainment, music therapy is an empirically founded profession practiced by a trained, board-certified music therapist.

This presentation will review the clinical studies regarding music therapy and its effect to decrease pain, alleviate anxiety, promote emotional expression and promote positive coping skills.

Following this presentation the participant will be able to:

- Define music therapy, including the treatment process and training required of music therapists
- Describe the five main domains of human functioning, in particular, the potential pain or discomfort due to unmet needs experienced within each domain, and understand how music may be effectively used to alleviate pain in all domains of human functioning
- Explain how music is an effective treatment modality, particularly due to the relationship between music and the human body
- Understand results of multiple research studies that demonstrate the positive effects of music in symptom control including music and memory, music and language and music and pain perception

- The Optimum Life CE series is a pre-recorded webcast.
- This activity has been submitted to the Ohio Nurses Association (OBN-001-91) for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
- Please call (312) 977-3711 for more information about contact hours.
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 total clock hours from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 clock hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.