

# Database for Music Therapy Research: Populations, Settings, Programming Arenas and More



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## What is Music Therapy?

❖ “Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illnesses. Music therapy interventions can be designed to: promote wellness, manage stress, alleviate pain, express feelings, enhance memory, improve communication and promote physical rehabilitation.”

(American Music Therapy Association, [www.musictherapy.org](http://www.musictherapy.org))

- ❖ It is the intentional use of music to create desired therapeutic effects based on understanding of neuroanatomy/neurophysiology.
- ❖ Arenas of service include: motor, cognitive-linguistic, social, emotional, and spiritual.

## Original Plan for Music Therapy Website

- ❖ Website can be found at: <http://people.uwec.edu/rasarla/research/index.htm>
- ❖ Originally designed as a research resource for music therapy students at UWEC.

## Research Site Development

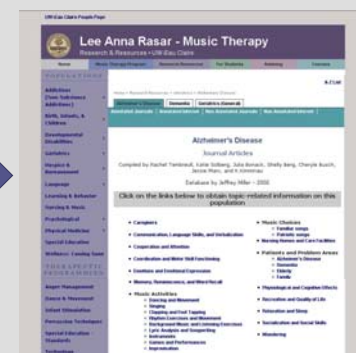
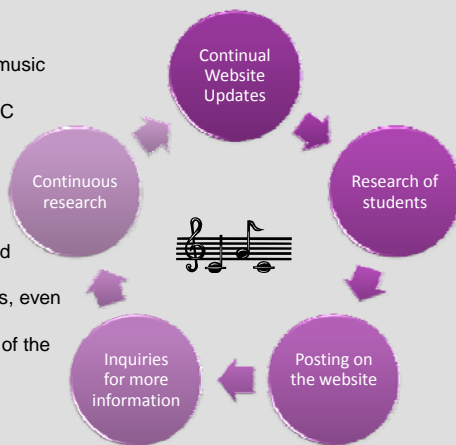
❖ Each music therapy major and anyone who took the Introduction to Music Therapy course was required to do “search projects” which consisted of annotated and non-annotated journal article and website information about music therapy with specific populations.

## Data Posting

❖ Information from search projects is placed on CDs or flash drives, then transferred to the internet via Adobe Dreamweaver.

## Evolution of Website

- ❖ Website began to be used outside music therapy student population, including:
  - ♫ Students and faculty on the UWEC campus outside the music therapy population
  - ♫ Use by medical community – physicians, other types of therapists
  - ♫ Use by people with disabilities and their significant others
  - ♫ Other higher education institutions, even on an international level
- ❖ Winner of Study/Web Award as one of the best educational resources on the web



Example of the Population selection

## Sections of the Website

- ❖ Populations/Settings
  - ♫ Addictions
  - ♫ Birth, Infants and Children
  - ♫ Developmental Disabilities
  - ♫ Geriatrics
  - ♫ Hospice and Bereavement
  - ♫ Language
  - ♫ Learning and Behavior
  - ♫ Nursing and Music
  - ♫ Psychological
  - ♫ Physical Medicine
  - ♫ Special Education
- ❖ Each Population/Setting is then broken up into:
  - ♫ Goals and Methodology
  - ♫ Annotated Music Therapy Journal articles
  - ♫ Non-annotated Music Therapy Journal articles
  - ♫ Annotated Internet sites
  - ♫ Non-annotated Internet sites



## Role of the Populations/Settings section of web area within the context of entire website

- ❖ The Populations/Settings section represented by this project serves as a resource base for the programs in the other web areas, such as the therapeutic programming of :
  - ♫ Anger Management
  - ♫ Infant Stimulation
  - ♫ Dance and Movement
  - ♫ Percussion Techniques
  - ♫ Special Education Standards
  - ♫ Technology

❖ Appreciation is expressed to Differential Tuition sources and to the Office of Research and Sponsored Programs for support.