

Music Therapy – a short introduction

Music therapy in a Norwegian Neonatal Intensive Care Unit – “Prosjekt Samspill”



Music therapy in Norwegian Neonatal Intensive Care Units – Developing a culturally and context sensitive approach for working with infants and their families.

Akershus University Hospital (Ahus)

In collaboration with Prematurforeningen

Supported by Extrastiftelsen

Initiated by Tora Söderström Gaden



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Music Therapy Project at the NICU, Ahus

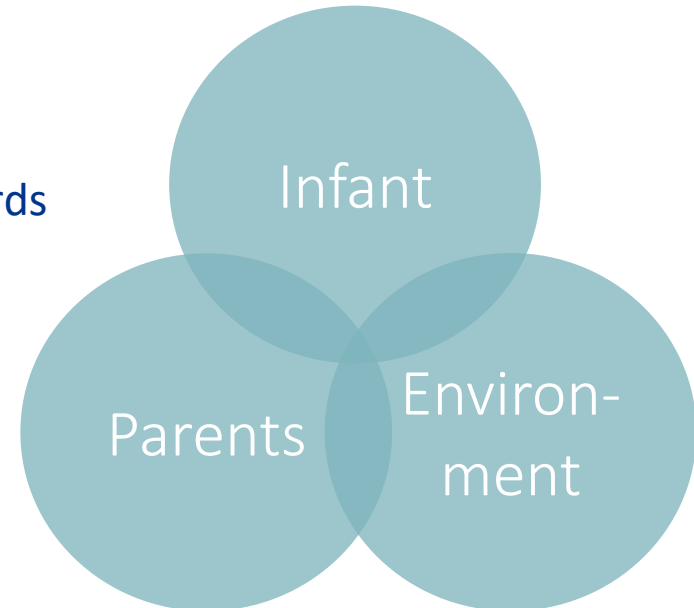
- Music Therapy - Non-verbal communication (Ruud, 2008; Trevarthen & Malloch, 2009)
- Non-research
- Questionnaire for families participating
- Internal and external knowledge sharing
- First Sounds: RBL (Loewy, 2016) adapted to a Norwegian NICU

Implementation of NICU Music Therapy, Ahus

1. Unit

- NICU Orientation
- Music therapy knowledge sharing
 - Referrals through patient electronic records
- Individual/family and environment

Music Therapy Model



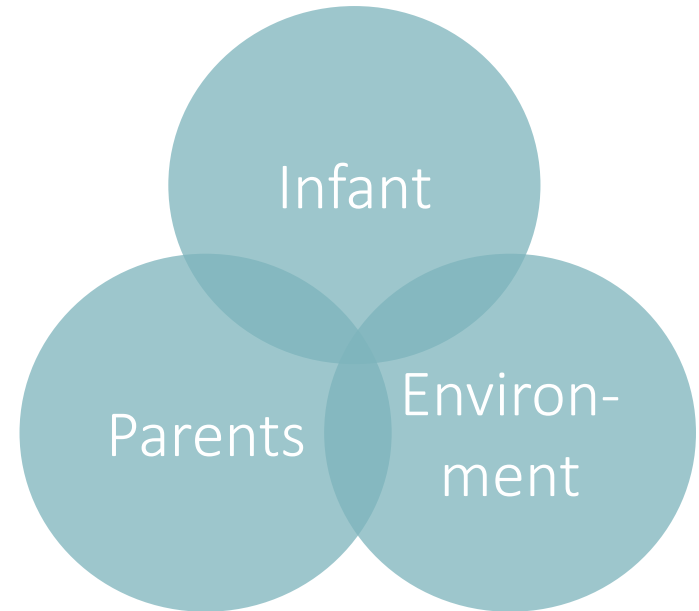
*From Loewy
et.al., 2016*

Implementation of NICU Music Therapy, Ahus

2. Clinical work

- Individual music therapy
- Observation (Newborn Behavioral Observation. Nugent et. al., 2018)
- Content of sessions (NIDCAP. Als, 2009)
 - Guiding/supporting
 - Demonstrating
 - Song of kin (Loewy, 2016)
- Voice/Instruments

Music Therapy Model



*From Loewy
et.al., 2016*

Infant- & family-centred developmental care



A managed acoustic environment reduces stress and discomfort for infants.

The hospital **sensory environment** is adjusted to the infants' sensory expectancies and perceptual competences.

From <https://newborn-health-standards.org/project/downloads/>

The **fostering of early bonding between parents and their newborn infant** is pursued through strategies which promote early contact for the parent-infant dyad.

Music Therapy with Premature Infants

- Physiological responses
- Parent-infant bond
- Parental anxiety
- Normality

(Bielnik et. al., 2016; Loewy et. al., 2013; Nöcker-Ribaupierre, 2013)

NICU Music Therapy demonstration

Thank you for your attention!

Please don't hesitate to contact me with questions or thoughts!

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