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

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

From Loewy et.al., 2016

Music Therapy Model

Infant

Parents

Environment

Human touch and empathy – with professional skill
Music Therapy with Premature Infants

- Physiological responses
- Parent-infant bond
- Parental anxiety
- Normality
  (Bielninik et. al., 2016; Loewy et. al., 2013; Nöcker-Ribaupierre, 2013)

A managed acoustic environment reduces stress and discomfort for infants.

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

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

From https://newborn-health-standards.org/project/downloads/
NICU Music Therapy demonstration
Thank you for your attention!

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

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References


