

TABLE OF CONTENTS

WHO IS A HEALTHCARE MUSICIAN?	4
TYPES OF MUSIC	4
CLIENT AND VENUE CATEGORIES	7
DESCRIPTIONS OF MUSIC FOR THE CATEGORIES	8
COMPOSING MUSIC IN EACH CATEGORY	11
MAJOR AND MINOR	15
MODES	16
THE PENTATONIC SCALE	17
THE ART OF COMPOSING	19
MELODY AND NO MELODY	22
HARMONIES	23
IMPROVISATION	25
THERAPEUTIC INSTRUMENTS	26
THERAPEUTIC MUSIC PROGRAMS	28
ABOUT THE AUTHOR	30

DISCLAIMER:

This book is not meant to be a substitute for a responsible certification program for healthcare musicians. For further information, please contact one of the training programs listed at the end of this book.

Please note: it is important to make a distinction between “healing” and “curing” in the field of therapeutic music. We cannot claim that music cures, though some studies have shown evidence that this may be so in some cases. “Curing” is a thing of the body; “healing” is a thing of the spirit.

Companion books that will help you get the most out of *Composing Healthcare Music*:

- *Body, Mind and Music* by Laurie Riley
- *Modes for Moods* by Christina Tourin

What is clinical or healthcare music?

Clinical musicians are trained and certified to support the work of health care professionals by playing appropriate music at the bedsides of the ill and/or dying in hospital and hospice settings. The work of a healthcare musician differs from that of a Music Therapist in that it is not an interactive therapy; it is offered unobtrusively.

Why is training necessary?

It's easy to assume that any good musician can offer live music in a clinical environment. Because of issues such as clinical protocol, infection control, confidentiality, understanding the vast difference between service and performance, and use of specific styles of music for specific types of patients, clinical training and *certification* are an absolute necessity. It is also necessary to be able to communicate and work with medical personnel effectively. A clinical musician is a health care professional.

What does live music do for patients?

Live music at the bedside has been shown through numerous studies to be effective in pain management, stress reduction, positive immune system response, and mood enhancement. The music played is based on the needs of the patient.

Clinical musicians are trained to play in ER, Pre- and Post-op, ICU, CCU, NICU, oncology, general-care, and for hospice patients. Medical interventions and family visits may proceed as usual during the music session. Instrument volume is pleasant and does not disturb the patient or others in nearby rooms, and does not disrupt medical care.

Why not use recorded music?

The clinical musician is able to respond to the changing needs of the patient from moment to moment; recorded music cannot do this. Additionally, the acoustic properties of musical instruments are vastly different from recorded music.

How is a clinical or healthcare musician trained?

To become certified, a clinical or healthcare musician candidate must complete a course of study including but not limited to:

- clinical department and protocol
- monitoring equipment overviews
- anatomy / physiology overviews
- hospice training
- patient populations / departments
- repertoire styles for specific patient needs
- codes / legal issues / corporate compliance/confidentiality
- infection control
- advanced musical skills
- business training
- completion of an internship in an approved medical facility