

Preethi Burkholder

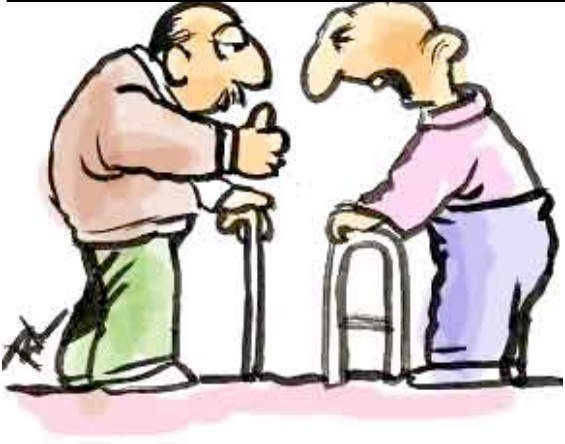
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Music as Healing: The Therapeutic Attributes of Music



Benefits of Music Therapy	
Stimulates the brain	"My wife can play the piano by ear, says Jim.
Promotes physical movement	
Mentally stimulating	
Removes lethargy and boredom	
Fun and entertaining	
Improves socialization	
Enhances creativity	"My uncle can fiddle with his moustache," boasts Jeremiah.

Things to Look For, in an Effective Music Therapy Session	
Communication between the music therapist and the residents	
Combination of musical therapy and mental exercise	
Combination of musical therapy and physical exercise, presented in a fun way	
Combine musical therapy with memory games and story-telling	
Music therapist must talk to the residents in between songs	
Keep it simple	
Keep it happy	
Residents should be engaged in the music	
	

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Maximizing Music Therapy



Overview of a Music Therapy Session Provided by Author and Pianist, Preethi Burkholder

Conscious of the overall “energy”

Wearing Brightly colored clothing

Eye contact with the residents

Acknowledging and thanking the staff

Warm and cosy welcome greeting to the residents

It is not about me; it is all about them, attitude

Healthy mix of songs



Did you hear about the silly pianist who kept banging his head against the keys? He was playing by ear.

Finding Good Entertainers...

When you find ones that work well, hold on to them. Treat them with dignity.

Effective music therapists are hard to find.

Ask them to audition the first time for free

One bad apple spoils the bunch

Ask for a website, CD, or references

Share the contact information of good music therapists with other life enrichment coordinators



“The residents await in excitement as the bag piper enters for St. Patrick’s Day. Their excitement soon wanes to the drowning noise. One of the residents, Carol says to Lily: “Normally, I enjoy a morning when the birds are singing.”

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Maximizing Music Therapy



Music and the Brain

Music improves creativity

Music choices can predict our personality

Music training improves our motor and reasoning skills

Music helps to exercise

Music connects the left and right hemispheres of the brain

Musical training generates new processes within the brain, at different stages of life, and with a range of impacts on creativity, cognition, and learning

Musical training improves the ability of the nervous system to integrate information from multiple senses. Music moves the brain to pay attention. Music listening and appreciation helps individuals to focus.



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Maximizing Music Therapy



Getting the Most of a Music Therapy Session

- The time of day that you schedule music therapy, matters
- Have the residents in the room for the scheduled time
- Have the piano facing the residents
- Post a publicity flyer on your bulletin board and elevator
- Get other in-house staff members involved
- Find entertainers you can rely on and are punctual. When you find a good one, treat them with dignity and hold on to them so they don't leave.



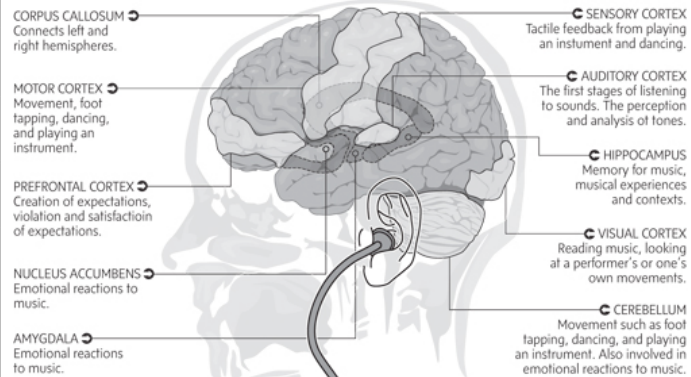
As the audience left in droves, suspicions grew that people were activating their own emergency pagers."

Let's Go Beyond the Notes. A sound music therapist...

- Goes beyond the notes
- Takes the time to make eye contact
- When possible, sits down and chats with the residents
- Smiles with the residents and makes them happy
- Gets the audience to participate, rather than passively listen
- Makes the audience laugh and smile in between the songs. It is not an hour of non-stop music but rather, an engaged musical experience.

Music on the mind

When we listen to music, it's processed in many different areas of our brain. The extent of the brain's involvement was scarcely imagined until the early nineties, when functional brain imaging became possible. The major computational centres include:



MIKE FAILLE/THE GLOBE AND MAIL ■ SOURCE: THIS IS YOUR BRAIN ON MUSIC: THE SCIENCE OF A HUMAN OBSESSION

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Maximizing Music Therapy



Cutting Back Costs on Music Therapy

Offer a mix of in-house and outside entertainment

High school students, college music majors

Ask for price break from music therapists, if you schedule them regularly such as once a month

Make negotiations on a one-on-one. Be willing to be a little flexible with your dealings with entertainers

Negotiate the price

Music Therapy Awards, Grants, and Websites

The Irma Carey-Wilson Music Therapy Scholarship: available for college students. Amount \$275.
www.nfmc-music.org

The NFMC Dorothy Dann Bullock Music Therapy Scholarship. Offered to Music Therapy Majors. Award Amount \$1350. www.nfmc-music.org

The NFMC Ruth B. Robertson Music Therapy Scholarship. College students can apply. Award amount \$300.
www.nfmc-music.org

The Mockingbird Foundation, awards grants to non profits and agencies that can get nonprofit affiliation. \$500-\$5,000. www.mbird.org

Helping from Heaven Foundation, gives grants for music therapy related equipment. They also have equipment such as wheelchairs that are donated. Click on Lexi's Closet. www.helpingfromheaven.org

Bolton Music Therapy, www.boltonmusictherapy.com, gives a listing of places giving grants and scholarships in music therapy, medical equipment such as wheelchairs, and more

Katesvoice, www.katesvoice.org, offers grants for students who need music therapy

American Music Therapy Association, www.americanmusictherapy.org

Music Therapy in Wisconsin, www.musictherapywisconsin.org

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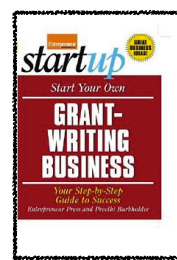
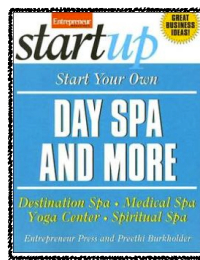
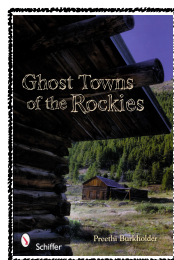
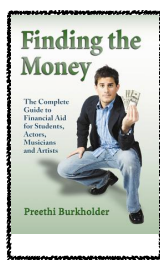
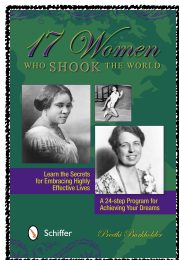


Getting to Know the Presenter, Preethi Burkholder

Mezzo Muzique: Preethi Burkholder is the founder of Mezzo Muzique, a provider of therapeutic services for Seniors. Preethi offers music therapy at long term care facilities.

Author: Preethi Burkholder is the author of five books. They are:

- 17 Women Who Shook the World (Schiffer Publishing, Pennsylvania, 2013)
- Ghost Towns of the Rockies (Schiffer Publishing, Pennsylvania, 2011)
- Start Your own Grant Writing Business (Entrepreneur Press, California, 2009)
- Finding the Money (McFarland Publishers, North Carolina, 2008)
- Start Your Own Day Spa (Entrepreneur Press, California, 2007)



Pianist: Preethi Burkholder is a classically trained pianist. She first started learning piano at age five, in her homeland of Sri Lanka (formerly Ceylon). She has a Bachelor's Degree in Piano Performance from Clark University, Massachusetts, and a Master's in Ethnomusicology from Tufts University, Massachusetts. Preethi Burkholder has participated as a pianist in the *Tibor Varga Music Festival* in Sion, Switzerland, *The Lancaster Music Festival* in Columbus, Ohio, and the *Aspen Music Festival*, in Aspen, Colorado. Preethi plays popular sing alongs by ear, hymns, marches, waltzes, and Americana.

Speaker: Preethi speaks at health care conferences, historical societies, universities, and women's conferences.

Contact:

To Schedule Preethi Burkholder for a Speaking Event:
Call 970 663 4316 (Colorado, MST)
e-mail: 2017excel@gmail.com
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Credentials of Preethi Burkholder

- Author of five books
- Provides music as healing for Seniors
- Speaks at conferences
- Media spokesperson
- Nominated for 2013 AAUW Eleanor Roosevelt Award for her Humanitarian Work
- Preethi Burkholder's Book "17 Women Who Shook the world" was a Finalist in the 2013 Delta Kappa Gamma International Educator Award
- Master's Degree, Tufts University, Massachusetts
- AAUW (American Association of University Women) International Fellow, D.C
- Professional speaker



"I would like to thank the Ohio Healthcare Association and beautiful Columbus for inviting me to speak. It has been a pleasure getting to know the audience at this conference. I wish you all, great journeys ahead" Preethi Burkholder