

Inside Integrative Medicine

May 2017

See pages 2-3
for information
on FREE group classes
for patients, caregivers,
and anyone touched
by cancer.

Music Therapy

By Antonio Milland Santiago, MT-BC

What is music therapy?

Music therapy is defined by the American Music Therapy Association as the “clinical and evidence-based use of music interventions to accomplish individualized goals by a credentialed professional who has completed an approved music therapy program.”

Research shows music therapy can improve numerous aspects of quality of life for both those with cancer and for family and friends who are caring for the patient. Music therapy interventions are helpful to:

- Decrease pain perception
- Reduce anxiety
- Increase mood
- Increase relaxation
- Increase emotional expression
- Provide meaningful social interactions
- Decrease sense of isolation
- Facilitate sense of control
- Reduce nausea
- Develop positive coping mechanisms

What does a music therapy session look like?

Music Therapy is provided at the Integrative Medicine Center by a Board Certified Music Therapist. Sessions are different from one patient to the next. Goals for each patient are agreed upon in collaboration with the patient, the patient’s treatment team, and family members as appropriate. There are a number of different evidence-based techniques music therapists can use to achieve the desired goals, such as songwriting, music-assisted relaxation and imagery, therapeutic singing, and playing instruments.



Individual vs. group music therapy

As music therapy seeks to address “individualized goals,” this means that the music therapist will work to address specific goals according to the needs of the patient in one-on-one scenarios. In contrast, group sessions are designed to

address psychological, physical, social, emotional, and spiritual needs of a collective group of individuals through the use of evidence-based interventions that facilitate therapeutic change in group structure. Instruments used in music therapy group sessions may include guitar, hand drums, other percussion instruments, voice, and keyboard. People often find connecting with others in a group setting therapeutic in and of itself and engaging in group music making enhances one’s ability to address challenging issues and connects you to other people.

Tips for using music therapeutically in daily life:

- Listening to your favorite music (versus nature sounds, radio station, etc.) may be more effective in improving your mood since you have personal memories associated with those songs.
- Consider listening to your preferred music to help reduce anxiety in situations that might be stressful.
- Create playlists with your music of choice that is specific to your needs. For example, a playlist of music with lyrics and a beat that can comfort you when you are anxious, or a playlist with music that is calming to you at bedtime (remember, calm music can be “sad”, so choose carefully), and a playlist with upbeat music to lift your spirits or to motivate you during exercise.

Outpatient Group Clinical Services

All Classes are free. Please call **713-794-4700** to sign up.

Physical



Brief Relaxation Massages

Experience a brief upper body massage for relaxation. These chair massages are generously funded by Angie's Spa.



Shape-Up Circuit*

A fitness class designed to improve body composition by increasing muscle strength and burning calories. Led by the Integrative Medicine Physical Therapist, this class will follow a "circuit" format, with different exercises at each station. Suitable for any fitness level. Please bring a water bottle.



Tai Chi

Find balance and strength through continuous flowing movements that link mind to body.



Yoga for Fitness

A beginning/intermediate level yoga class that focuses on moving through postures with breath.



Get Moving

Recharge and energize with uplifting music and a blend of yoga, dance, and martial arts.

Mind-Body



Qigong

Experience this ancient Chinese system of self-care using meditation, breath, and movement.



Tibetan Meditation*

Relax and access a deeper awareness through connecting your mind, body and heart through breath, sound and movement practices. Class method rotates weekly (see calendar).

- **Power of Breath**

Through breath, learn various contemplative stress-relieving methods to use in everyday life.

- **Sacred Sounds**

Use sound techniques in combination with the breath, that can be helpful to increase memory and cognitive function.

- **Breath & Movement**

Experience meditation through simple movements & breathing techniques, supportive of better sleep.



Yoga for Health

Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

Social

Cooking for Optimal Health*

The dietitian for the Integrative Medicine Center demonstrates how to prepare dishes meeting the whole foods, plant-based diet recommendations. Participants will also have the chance to enjoy some delicious samples. Recipes will emphasize a different theme each month.



Therapeutic Group Drumming

Socialize with others and express yourself creatively while learning to play a variety of percussive instruments. No experience needed!



Singing Support Group

Are you a cancer patient or caregiver who enjoys singing? If you are, this choir is for you. Let's get together and celebrate life.



Meditation and Daily Life*

Learn meditation in an interactive class format. Each meditation experience includes an exploration of Tea, Art, Writing, or Nature. Themes rotate weekly. Goals include lowering stress and enhancing connectedness with self and surroundings.

Activity Level:



= Gentle



= Active



= Very Active

*Program support provided by the Duncan Family Institute

May 2017

- Call the Integrative Medicine Center at 713-794-4700 to register.
- All participants must arrive 15 minutes early to check in for group classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00-12:00 Brief Relaxation Massages 12:15-1:15 Yoga for Health	2 9:30-10:30 Tibetan Meditation: Breath and Movement 11:00-12:00 Get Moving 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi 5:00-6:30 Singing Support Group	3 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Art	4 11:00-12:00 Shape-Up Circuit 2:00-3:00 Therapeutic Group Drumming 3:30-4:30 Qigong	5 11:30-12:30 Yoga for Fitness
8 8:00-12:00 Brief Relaxation Massages 12:15-1:15 Yoga for Health	9 9:30-10:30 Tibetan Meditation: Power of Breath 11:00-12:00 Get Moving 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi 5:00-6:30 Singing Support Group	10 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Writing	11 11:00-12:00 Shape-Up Circuit 2:00-3:00 Therapeutic Group Drumming 3:30-4:30 Qigong	12 11:30-12:30 Yoga for Fitness
15 8:00-12:00 Brief Relaxation Massages 12:00-1:30 Cooking for Optimal Health 12:15-1:15 Yoga for Health	16 9:30-10:30 Tibetan Meditation: Sacred Sounds 11:00-12:00 Get Moving 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi 5:00-6:30 Singing Support Group	17 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Nature	18 11:00-12:00 Shape-Up Circuit 2:00-3:00 Therapeutic Group Drumming	19 11:30-12:30 Yoga for Fitness
22 8:00-12:00 Brief Relaxation Massages 12:15-1:15 Yoga for Health	23 9:30-10:30 Tibetan Meditation: Breath and Movement 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi 5:00-6:30 Singing Support Group	24 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Tea	25 11:00-12:00 Shape-Up Circuit 2:00-3:00 Therapeutic Group Drumming 3:30-4:30 Qigong	26 11:30-12:30 Yoga for Fitness
29 MEMORIAL DAY	30 9:30-10:30 Tibetan Meditation: Power of Breath 2:00-3:00 Yoga for Fitness 5:00-6:30 Singing Support Group	31 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Art		

All classes are for outpatients and their caregivers and are offered at the Mays Clinic location – ACB2.1005

Individual Outpatient Clinical Services

An MD Anderson physician's order is required before scheduling any of the services listed below.

For additional details, please:

- Call 713-794-4700
- Visit our website <http://www.mdanderson.org/integrativemedcenter>
- Visit one of our **2 outpatient locations**:
 - **Main Clinic**: R1.2000, a free standing facility east of the Main Building near valet
 - **Mays Clinic**, 2nd floor near elevator T

Integrative Oncology Consultation

Our physicians and advanced practice providers can give guidance on achieving a comprehensive and integrative approach to your cancer care.

Exercise/Physical Activity Consultation

Being more physically active may benefit patients during and after cancer treatment by decreasing fatigue and improving strength. A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation.

Acupuncture

Acupuncture is a safe and often effective medical treatment that can be used to manage side effects from cancer and related treatments, including nausea and vomiting, pain, neuropathy, hot flashes, fatigue and dry mouth. Visits range from \$65 to \$75. An additional \$10 may apply.

Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Services are by appointment for patients and their caregivers with a treatment fee of \$70.

Health Psychology Consultation

A licensed clinical psychologist will provide both evaluation and interventions to help with lifestyle change and address symptoms of stress, anxiety and depression.

Nutrition Consultation

A registered dietitian provides personalized nutrition counseling and education to help patients manage side effects and reach their goals during and after cancer treatment. Education emphasizes a whole foods, plant-based diet for optimal health.

Meditation Consultation

Meditation decreases anxiety and negative emotions, improves sleep and memory and increases spiritual awareness and a sense of well-being. Initial visit fee is \$50. Follow-up visits range from \$25 to \$50.

Music Therapy

A board certified music therapist will provide evaluation and techniques that help encourage self-expression, reduce stress and anxiety, improve coping skills, and facilitate socialization. Initial visit fee is \$50. Follow-up visits range from \$25 to \$50.

For information on our inpatient services, please call 713-794-4700.

Friends of Integrative Medicine
proudly presents

Demystifying Tai chi/Qi gong for health & wellbeing



M. Kay Garcia, DrPH, LAc
Associate Professor
Department of Palliative, Rehabilitation
and Integrative Medicine
The University of Texas
MD Anderson Cancer Center

FREE!

donations accepted
at registration

DATE: Monday, May 15
TIME: 6:00 - 7:30 p.m.

LOCATION:
MD Anderson South Campus
Research Building 2,
Conference Rooms 5-6,
7435 Fannin Street, Houston, TX 77054



Free Parking

Enter parking lot from OST,
between Fannin and Bertner.

Go straight and the surface
parking lot will be on your left.

The event will be held in the
building on your right.

THE UNIVERSITY OF TEXAS

MD Anderson
Cancer Center

Making Cancer History®