

Inside Integrative Medicine

May 2019

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

Music Therapy at MD Anderson

What is music therapy?

Music therapy is an allied health profession which actively applies supportive science to the creative, emotional, and energizing experiences of music for health treatment. Music therapists become board certified (MT-BC) by completing an approved music therapy program and clinical training hours, ultimately passing a certification exam in order to practice. Music therapists are trained in individualizing and adapting treatment based on what will best address a patient's symptoms or needs.

Individual: The music therapist meets the patient at bedside or in a clinic space. The music therapist will briefly assess and plan what interventions will best serve the patient. Patients may engage in making music, listening and discussing preferred or meaningful music, experiencing guided relaxation, mindfulness techniques, or improvisation- exploratory music making. Music therapists adjust the amount of activity based on patient energy levels, and take into account musical experience and preference.

Group: In a music therapy group, the shared needs of the group are addressed with interventions the therapist assesses as relevant. A music therapist may address shared social, emotional, physical and spiritual needs by facilitating group music making, drumming, singing, or songwriting activities that specifically address those areas.

How does music therapy work?

Music is uniquely individual and universal. It can at the same time offer deeply personal associations as well as offer something all people relate to. When we perceive or make music, areas of our brain associated with movement, emotion, identity, and behavior are engaged, among many others. Because of these shared brain circuits, engaging in specifically individualized music therapy interventions can be an effective way to treat a wide range of symptoms and help patients rehabilitate, minimize symptoms, or simply reconnect to normalcy.

How can I join a group or be referred for services?

Patients and caregivers who are admitted to the hospital or visiting for treatment may experience a wide range of symptoms associated with treatment, hospital admission, and the cancer journey, and can attend outpatient groups or have your physician refer to Integrative Medicine Center's inpatient music therapy services. Outpatient groups do not require referral. If you would like to hear more about inpatient music therapy referrals, or sign up for group drumming, call Integrative Medicine Center at 713-794-4700. No previous musical experience is necessary.

Connect & Reflect: Group Drumming now available!

The Integrative Medicine Center now offers a 60 minute group drumming experience "Connect and Reflect – Group Drumming," in the Mays Clinic twice a week. This group is available for anyone on MD Anderson campus. See details and times below.

Group drumming has historically been a unifying force in many world cultures throughout time. Drumming as a group celebrates human connection by uniting many individual perspectives into one common experience. It can provide a fun, stress-relieving connection to the present moment, as well as an opportunity for inner reflection. First time drummers and experienced drummers are all welcome to this inclusive class geared toward participation rather than perfection. Connect & Reflect is structured to include a brief mindfulness introduction, then both guided and exploratory play, with drummers playing hand drums like djembes and tubanos, as well as small percussion instruments. The group is led by a Board Certified Music Therapist who will follow and guide the group to navigate the dynamic process of group music-making. (Connect & Reflect: Group Drumming - Mondays & Fridays, 10:30-11:30am at the Mays Clinic ACB2.1005)

Outpatient Group Clinical Services

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

Physical



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.



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.



Meditation for Health

Meditation is a practice that brings awareness to your mind and body and may help reduce stress. We explore meditation techniques to help bring calm and focus to the present moment. These practices can help you to connect more deeply to yourself and others on your journey to health. Class method rotates weekly (see calendar).



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 whole food, plant-based diet recommendations. Participants will also have the chance to enjoy some delicious samples. Recipes will emphasize a different theme each month.



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.



Connect & Reflect: Group Drumming

First-time drummers and experienced drummers: all are welcome! This group is led by a Board Certified Music Therapist and offers a guided, non-judgmental group drumming experience. Explore rhythm and sound to release stress while finding a unique connection to the self, the present moment, and fellow group members. Each class includes breathing and mindfulness techniques as well as an opportunity for reflection.

Activity Level:



= Gentle



= Active



= Very Active

*Program support provided by the Duncan Family Institute

Staff Spotlight



Sarah Folsom, MM, MT-BC

Neurologic Music Therapist, Integrative Medicine Center

Sarah Folsom is a Board Certified Music Therapist, a member of the American Music Therapy Association and a trained Neurologic Music Therapist with the Robert F. Unkefer Academy of Neurologic Music Therapy. Sarah holds a Bachelor of Music in Voice Performance from New York University and a Master of Music Therapy from Colorado State University. Sarah assess and treats patients using music therapy interventions grounded in evidence-based practice. In addition to the medical oncology setting, Sarah has provided music therapy services in diverse settings, including for children and adults with special needs, individuals with traumatic brain injury, pediatric patients on palliative care and intensive care units, as well as in skilled nursing facilities. As part of the Integrative Medicine team, Sarah works with those affected by cancer in to address symptoms related to their cancer journey – whether in outpatient or inpatient clinical settings, individually or in groups.

View audio and video resources online: www.mdanderson.org/integrativemedcenter

How to schedule an appointment:

- Call Integrative Medicine Center at 713-794-4700 for more information.
- Arrive 15 minutes early to check in for group classes.

May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:30-11:30 Yoga for Health	2 12:30-1:30 Meditation and Daily Life: Art	3 10:30-11:30 Group Drumming
6 10:30-11:30 Group Drumming	7 9:30-10:30 Meditation for Health 11:00-12:00 Get Moving	8 10:30-11:30 Yoga for Health	9 10:30-11:30 Shape-Up Circuit 12:30-1:30 Meditation and Daily Life: Writing	10 10:30-11:30 Group Drumming
13 10:30-11:30 Group Drumming	14 9:30-10:30 Meditation for Health 11:00-12:00 Get Moving	15 10:30-11:30 Yoga for Health	16 10:30-11:30 Shape-Up Circuit 12:30-1:30 Meditation and Daily Life: Nature	17
20 10:30-11:30 Group Drumming	21 9:30-10:30 Meditation for Health 11:00-12:00 Get Moving 12:00-1:30 Cooking for Optimal Health	22	23 10:30-11:30 Shape-Up Circuit	24 10:30-11:30 Group Drumming
27 10:30-11:30 Group Drumming	28 9:30-10:30 Meditation for Health 11:00-12:00 Get Moving	29 10:30-11:30 Yoga for Health	30 10:30-11:30 Shape-Up Circuit 12:30-1:30 Meditation and Daily Life: Art	31 10:30-11:30 Group Drumming

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.

Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Treatments are \$55.

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. Treatments range from \$65 to \$75. An additional \$10 may apply.

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.

MFAH The Museum of Fine Arts, Houston

Visit Collection Exhibitions Calendar Films Learn Membership Give Research About

HEALTH & WELLNESS PRESENTED BY MD ANDERSON CANCER CENTER

Health & Wellness "Pathways: Art and the Brain" Presented by MD Anderson Cancer Center

Thursday, May 2, 2019: 6:30 – 8 pm.



view slideshow

Presented by Sarah Prinsloo, Ph.D., LMFT, LPC, assistant professor, department of palliative, rehabilitation, and integrative medicine, division of cancer medicine, MD Anderson Cancer Center

In this health and wellness program all about the brain, Sarah Prinsloo presents on her work in neuromodulation—examining novel approaches to changing the brain. Her presentation covers current research on inducing neuroplasticity, which is the brain's ability to adapt and reorganize itself by forming new connections and pathways throughout life. Learn about the ways neuroplasticity can impact people's lives by reducing chronic pain, alleviating symptoms of mood disorders, and even helping the brain heal after injury.

After the presentation, head to the galleries for an art-inspired brain game. Challenge yourself to create new pathways, and solve a puzzle along the way.

About the Speaker

Sarah Prinsloo's expertise is in applied neuroscience, specifically the integration of electroencephalographic (EEG) neuroimaging and non-invasive neuromodulation techniques including neurofeedback and transcranial magnetic stimulation. She has established a laboratory at MD Anderson Cancer Center that focuses on various neuromodulation techniques. Her research program is focused on the determination of central nervous system effects of chemotherapy, pre-surgical mapping for brain tumor patients after resection, and the effects of neuromodulatory techniques to augment recovery.

RSVPs encouraged: Contact AEprograms@mfaah.org

This program is free. On Thursdays, Museum general admission is free, courtesy of Shell Oil Company.

► Plan ahead for your visit with parking information.

MD Anderson Patient and Family Day at the MFAH

Monday, June 3, 2019 from 12 – 5 pm.

Guests will receive complimentary general admission to the Museum, as well as access to special exhibitions on view, including Vincent van Gogh: His Life in Art.

