

Inside Integrative Medicine

January 2020

See back for information on FREE group classes for MD Anderson patients and caregivers.

Now offering acupuncture, Qigong, & Tai Chi at MD Anderson League City

What is music therapy?

Music therapy is a board-certified health profession. Music therapists complete a music therapy degree program and board certification exam. They use music interactively and therapeutically to meet the client's needs to support a specific health outcome. Music therapists are trained to individualize treatment, distinguishing the practice from music performance or simply music listening.

Individual sessions occur at patient bedside or in a clinic space. The music therapist assesses for patient needs and guides the patient in a wide range of music interventions. In a music therapy group, the shared needs of the group are addressed. No previous musical experience is necessary.

How does music therapy work?

When we perceive or make music, widespread areas of our brain associated with movement, emotion, identity, and behavior are engaged, making music therapy a unique modality used to rehabilitate, reduce symptoms, and cope with cancer treatment. Most people have a deeply personal connection to music and engaging in a musical experience can provide comfort and familiarity, which can reduce stress, improve mood, and decrease pain.

How can I receive music therapy?

In support of your inpatient or outpatient integrative medicine care plan, you may be referred for music therapy by one of our physicians or nurse practitioners. Participation in Connect & Reflect: Group Drumming at our Mays clinic location does not require a referral.

What is Connect & Reflect: Group Drumming?

Group drumming is available for patients and caregivers twice a week. Creating and integrating personal rhythms into a unified sound can spark connection and provide opportunity for personal reflection. A music therapist guides the group through the exploratory process of hand drumming, breathing, and body relaxation techniques for connection, health, and wellness. Participants discover a sense of well-being as they create a group rhythm and sound that can be energizing, relaxing, and meditative.

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

A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation.

Oncology Acupuncture Treatment

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.

Oncology Massage Treatment

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

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.

Yoga/Meditation Consultation

Yoga/meditation lowers stress, depression, and anxiety, improves sleep, memory, physical functioning, and overall quality of life, as well as increasing spiritual well-being.

Music Therapy

Individual music therapy is provided by a board-certified music therapist (MT-BC) and involves engaging in music interactively in a variety of ways, with outcomes including anxiety reduction, fostered well-being and exploring ways of reconnecting to music for daily quality of life. Cost: \$50 per session.

Outpatient Group Clinical Services

Physical



Tai Chi

The Tai Chi class includes soft, continuous, flowing movements that link mind and body.



Get Moving

Recharge and energize with up-lifting music and a blend of yoga, dance, and martial arts.

Activity Level:



= Gentle



= Active



= Very Active

*Program support provided by the Duncan Family Institute

Mind-Body



Qigong

Qi Gong is a moving meditation with postures designed to connect breath (Qi) with body movements. Roughly translated, Qi means "air" (breath) and Gong means "work."



Yoga for Health*

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

Social



Connect & Reflect: Group Drumming*

Explore rhythm and sound to release stress while finding a unique connection to the self, the present moment, and fellow group members with breathing and mindfulness techniques.

Art Collage Studio

The Collage Studio offers the chance to play with color, shape and composition while making personalized collages by cutting, tearing, and gluing paper from magazines and other sources into new images.



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.
- All classes are free.
- Art Collage Class can walk in anytime during the 1.5 hours.

2019-1375 Integrative Med Newsletter January 2020

January 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			2 10:30-11:30 Yoga for Health 3:30-4:30 Qigong	3 1:00-2:30 Art Studio-Collage
6 10:30-11:30 Connect & Reflect: Group Drumming 2:30-3:30 Yoga for Health	7 11:00-12:00 Get Moving 3:30-4:30 Tai Chi	8 10:30-11:30 Yoga for Health 3:30-4:30 Connect & Reflect: Group Drumming	9 10:30-11:30 Yoga for Health 3:30-4:30 Qigong	10
13 10:30-11:30 Connect & Reflect: Group Drumming 2:30-3:30 Yoga for Health	14 11:00-12:00 Get Moving 3:30-4:30 Tai Chi	15 10:30-11:30 Yoga for Health 3:30-4:30 Connect & Reflect: Group Drumming	16 10:30-11:30 Yoga for Health 3:30-4:30 Qigong	17 1:00-2:30 Art Studio-Collage
20 HOLIDAY	21 11:00-12:00 Get Moving 3:30-4:30 Tai Chi	22 10:30-11:30 Yoga for Health 3:30-4:30 Connect & Reflect: Group Drumming	23 10:30-11:30 Yoga for Health 3:30-4:30 Qigong	24
27 10:30-11:30 Connect & Reflect: Group Drumming 2:30-3:30 Yoga for Health	28 11:00-12:00 Get Moving 3:30-4:30 Tai Chi	29 10:30-11:30 Yoga for Health 3:30-4:30 Connect & Reflect: Group Drumming	30 10:30-11:30 Yoga for Health 3:30-4:30 Qigong	31

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