

Inside Integrative Medicine

March 2021

**Integrative
Medicine
Virtual Group
Classes Now
Available**

A DOSE OF MUSIC THERAPY TO IMPROVE YOUR MOOD AND MORE

by Sarah Folsom

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 reduce symptoms, lift your spirits, foster movement, 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. During the COVID-19 pandemic especially, music has the ability to spark connections to family, loved ones, and community. Music therapists are trained to individualize treatment to meet unique needs of the client, distinguishing the practice from music performance or simply music listening. They use music interactively and therapeutically to meet the client's needs to support a specific health outcome.

What Can I Expect

Your music therapist will have completed a music therapy degree program and passed their board certification exam. 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.

**Due to the COVID-19 pandemic, group and individual music therapy services are virtual via Zoom until further notice.

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. Group class does not require a referral but requires a sign up with the Integrative Medicine Center at 713-794-4700.

What is Connect & Reflect with Music?

A virtual interactive and supportive music group led by a Board-Certified Music Therapist, using live music engagement and conversation to enhance well-being and encourage connectedness. Participants will listen to music in a mindful way, discuss song lyrics and themes, and engage both mind and body with guided relaxation techniques. Class held via Zoom and requires a brief sign up call with the Integrative Medicine Center at 713-794-4700. No previous musical experience is necessary.



Integrative Oncology Consultation

Our physicians can give guidance on achieving a comprehensive and integrative approach to your cancer care via MyChart/Epic Zoom.

Exercise/Physical Activity Consultation

A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation via MyChart/Epic Zoom.

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.

Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Cost: \$55 per treatment.

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

Prices for IMC services may be subject to change depending on insurance coverage.

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 via MyChart/Epic Zoom.

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 food, plant-based diet for optimal health via telephone visit.

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. A yoga/meditation therapist would provide interventions via MyChart/Epic Zoom. Cost: \$50 per session.

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.

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How to Register for our virtual classes:

1. Call Integrative Medicine Center at 713-794-4700
2. All classes are free
3. Complete e-update *liability waiver and telemedicine consent in MyChart at least 48 hours prior to scheduled class

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30–11:30	Cooking for Optimal Health Noon – 1:00 (2nd Tues) Connect & Reflect with Music 1:30-2:30	Yoga for Health 10:30–11:30 Qigong 11:00–Noon Collage Studio 1:30–3:00 (1st & 3rd Wed)	Tai Chi 11:00–Noon Connect & Reflect with Music 1:30–2:30	

Class Descriptions:

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

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

Yoga for Health- Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

Connect & Reflect with Music- An interactive and supportive music group, led by a Board-Certified Music Therapist, using music engagement and conversation to enhance well-being and encourage connectedness. No music experience is required.

Collage Studio- offers the chance to play with color, shape, and composition while making personalized collages. In the Collage Studio, we'll be cutting, tearing, and gluing a variety of papers to create new images. Chance and surprise are the key ingredients.

Creamy Asparagus Soup

Total Time: 30-45 minutes

Servings: 4-5 people

Ingredients:

- 2 pounds asparagus, fresh or frozen
- 2 tablespoons olive oil
- 2 cups sliced leeks (may substitute diced onion)
- 3 cups vegetable stock
- 1 cup milk of choice (unsweetened)
- 2 tablespoons dill
- 1/2 teaspoon salt
- Pepper to taste

Instructions:

1. If using fresh asparagus, snap off and discard the tough asparagus bottoms. Slice the tips and set aside. Chop the remaining stalks into 1-inch pieces.
2. Warm olive oil in stock pot over medium heat. Add asparagus stalks and leeks. Saute about 10 minutes until leeks are soft. Add vegetable stock and simmer until asparagus is soft, about 10-15 minutes.
3. Puree soup using an emersion blender, or pour carefully into blender or food processor. Return soup to the pan. Stir in milk, dill, salt, and pepper. Heat soup gently over low heat (do not boil!).
4. If using fresh asparagus steam reserved asparagus tips until just tender. Add asparagus tips to the soup. Serve immediately.

