

Child Life and Music Therapy: A Harmonious Team

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Kelly



Dear Kelly,
Thank you for being our friend on this journey. Your calmness, demeanor, and constant presence helped us in ways you may not know. We love you and will miss seeing you every day.



Love,



Stephanie FACLP

FLORIDA ASSOCIATION OF CHILD LIFE PROFESSIONALS INC.



NAZARETH



UNIVERSITY OF MIAMI



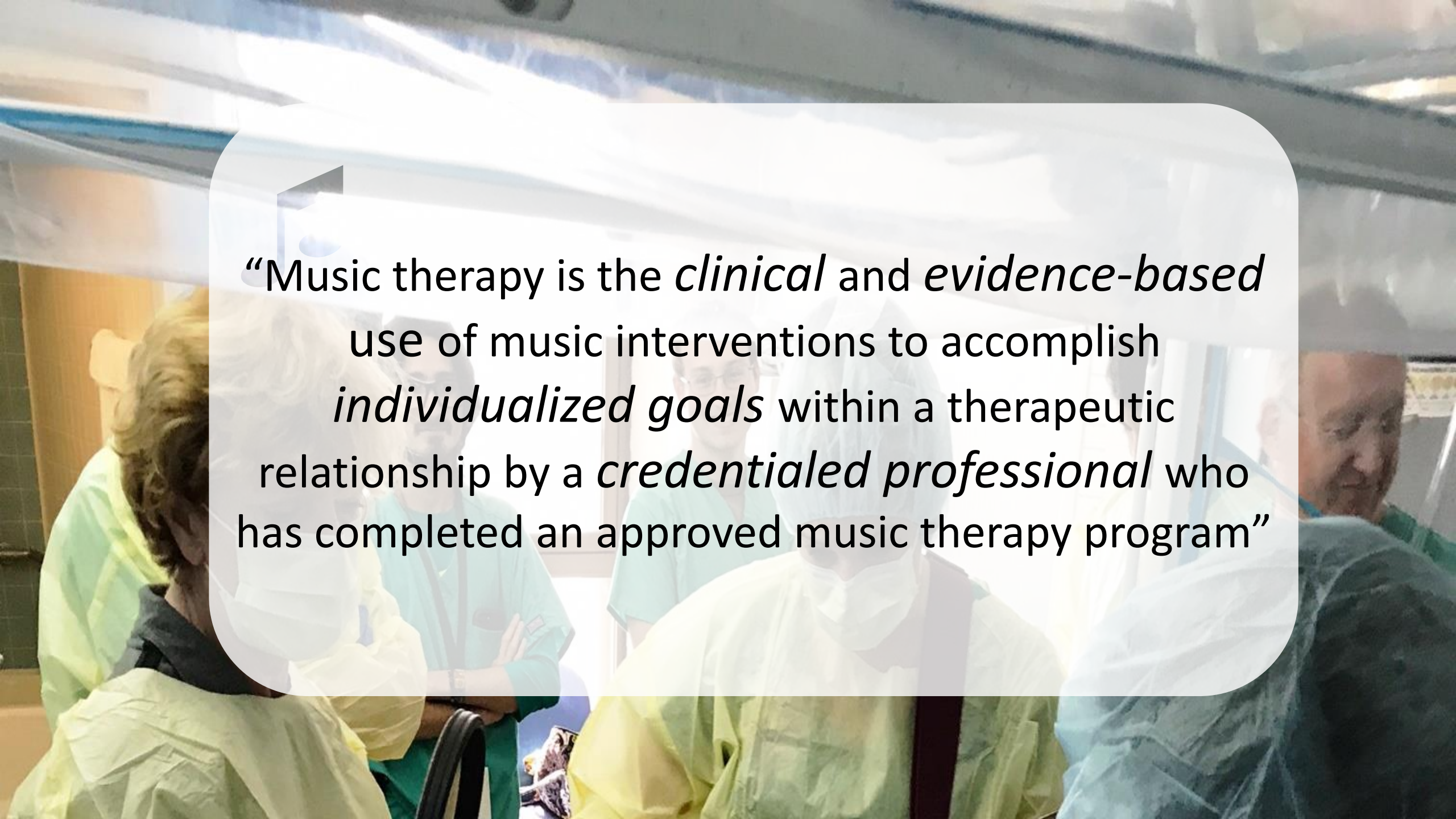
Relaxation Music Therapy
and Quiet Time 🧘‍♀️ 🌙




Audience Poll

How many hospitals have Child Life & Music Therapy in the same department?

How many collaborate/co-treat on a daily basis?

The background image shows a clinical setting, likely a hospital room. Several people are visible, some wearing green scrubs and others in white protective gowns. The scene is brightly lit, and the overall atmosphere is professional and focused. A large, semi-transparent white rounded rectangle is overlaid on the center of the image, containing text and a musical note icon.

 “Music therapy is the *clinical* and *evidence-based* use of music interventions to accomplish *individualized goals* within a therapeutic relationship by a *credentialed professional* who has completed an approved music therapy program”



**What is NOT music
therapy?**



What goals does music therapy target in the pediatric setting?

Literature on Child Life & Music Therapy Collaboration

56.9% of music therapy programs reside within child life departments¹

Effective co-treating between child life & music therapy supports healthy adaptive coping skills, minimizes distress, & benefits patients, parents, & staff²

Only three published studies documenting child life & music therapy found

All conclude that more interdisciplinary research needs to be conducted

¹ Knott et. al., 2020

² Mondanaro & Sturgeon, 2022; Ortiz et al., 2019

Interdisciplinary Collaboration

Bereavements

- Legacy creation/memory building
- Rapport with families

Procedural Support

- “Hand-off” co-treatment
- Concurrent co-treatment

Celebrations/Events

- Birthdays
- End of chemo & transplant bell ringing
- Holidays

Professional Practices

- Interdisciplinary rounds (PediPals, NeoPals, Cardiac, Burns, Trauma, Rehab)
- Clinical practices
- Advocating for each other
- C.A.M.P. Caregivers
- NICU

Scopes of Practice

Child Life

- Medical teaching/play
- Diagnosis education
- Sibling education
- Community outreach/volunteers/visiting groups

Trauma-informed
Pediatric pain management
Improved patient outcomes
FUN!
Developmental milestones
Developmental education
Patients with special needs
Sensory experiences
Play
Music
Procedural support
Emotional support
Bereavements
Family involvement
Advocacy
Normalization

Music Therapy

- Using music AS therapy
- Therapeutic processing
- Use of music during patient interactions
- Goal/objective-driven
- More quantitative in nature

Recognizing Expertise



Recognizing & utilizing expertise

- Learning from each other
- Using others' strengths to your advantage (ex: practicum/internship)

Insecurities dictating actions

It's not about you

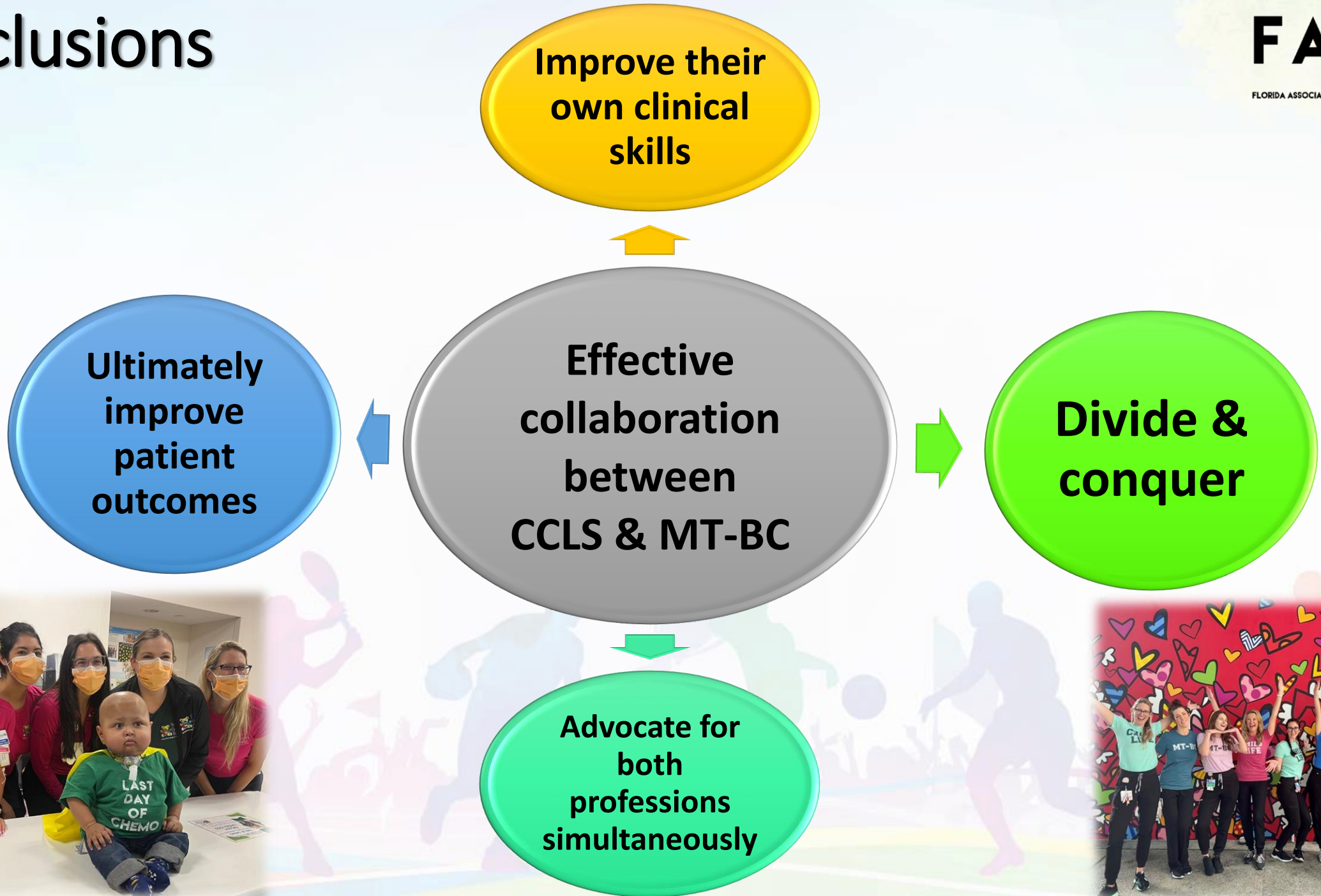
- Checking your ego



Patient and family rapport



Conclusions



References

Knott, D., Biard, M., Nelson, K. E., Epstein, S., Robb, S. L., Ghetti, C. L. (2020). A survey of music therapists working in pediatric medical settings in the United States. *Journal of Music Therapy, 57*(1), 34-65.

Mondanaro, J., & Sturgeon, J. (2022). Care, compassion, & controversy: Supporting children in a Covid-19 vaccine pod through music therapy and child life. *Music & Medicine, 14*(3), 158-164.

Ortiz, G. S., O-Connor, T., Carey, J., Vella, A., Paul, A., Rode, D., & Weinberg, A. (2019). Impact of a child life and music therapy procedural support intervention on parental perception of their child's distress during intravenous placement. *Pediatric Emergency Care, 35*(7), 498-505.

Rudenberg, M. T., & Royka, A. M. (1989). Promoting psychosocial adjustment in pediatric burn patients through music therapy and child life therapy. *Music Therapy Perspectives, 7*, 40-43

**Please remember to go on
event and fill out the
session survey!**

