

STROKE, CRANIAL-CEREBRAL TRAUMAS

A person who has experienced a stroke or a cranial-cerebral trauma is susceptible to various dysfunctions affecting his/her intra-cranial nervous system. He/She may have significant difficulties with his/her communication skills (comprehension or expression), motor skills and/or memory skills. In addition to physical limitations that might occur, it may be hard for him/her to resume his/her daily routine, for his/her condition often causes changes in attitude and behaviours such as impulsiveness, perseverance, loss of social inhibition, and agitation or depression.

Music therapy can restore, maintain or improve the person's emotional and social well-being. The music therapist first identifies the needs and abilities of the person in various areas by means of an Initial Assessment. These areas include social-affective and cognitive tendencies, as well as his/her habits and musical preferences. An Individual Intervention Plan is then devised and includes global objectives such as: optimizing respiratory control, expressing oneself more efficiently, controlling one's anxiety, improving muscle endurance and motor coordination, relaxing to music, stabilizing one's mood, orienting oneself in space, etc. The person then attends individual or group music therapy sessions depending on his/her needs.

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms.

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The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions. The person may be invited to participate in vocal and/or instrumental improvisations to express his/her feelings, to compose lyrics to a song about what he/she is feeling, to call up mental images of kinesthetic sensations or memories caused by the music, to regulate his/her respiration or improve his/her phonatory muscul~~ear~~ ~~ton~~~~g~~~~us~~ by playing wind instruments. A wide variety of instruments (guitar, piano, percussion instruments to name a few) are incorporated into sessions in order to satisfy each person's musical preferences and offer a rich and meaningful experience. In short, music therapy is a useful means to reach a person who has experienced a stroke or a cranial-cerebral trauma and help him/her maintain or restore physical, social and affective well-being.

For additional information about music therapy or if you wish to communicate with a music therapist:

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