MUSIC CARE®: AN INNOVATING MUSIC THERAPY TECHNIQUE IN THE CARE OF PATIENTS SUFFERING FROM DEMENTIA

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Introduction: Numerous studies indicate the value of music therapy in the care of Psychological, behavioural, and cognitive disorders of patients with dementia.

Objective: To Normalize and generalise a new technique of receptive music therapy useful by the medical staff.

Method: The Montpellier Regional University Hospital (CHRU) and Music Care® designed a software which allows a standardised use of receptive music therapy by the caring staff. In the framework of our clinic researches, music therapy terminals were available to the trained hospital staff proposing a varied choice of sessions adapted to the patient’s taste, and choice, helped by a specific “questionnaire”. The music therapy session, lasting 20 minutes, is broken down into several phases which progressively lead the patient to relaxation according to the technique of the “U” sequence, based on variations in musical rhythm, orchestra, frequencies and volume. At the end of the session, the patient is given the opportunity of expressing his emotions and autobiographic recalls.

Results: The results of the controlled, randomised trials show the interest of this new music therapy technique in the care of psychological and behavioural, and cognitive disorders. This technique makes autobiographic memory recalls easier and encourages the «caregiver-patient» relationship.

Conclusion: Music Care® is an innovating therapeutic solution scientifically tested by numerous clinical research works. This music therapy technique easily integrates itself in the global therapeutic treatment. Today, it can be generalized to numerous Residences for elderly dependent people.