

Bibliography for music therapy in palliative care, 1963-1997

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Introduction

Palliative care and music therapy are both relatively young disciplines, faced with common challenges of acceptance and survival in times of shrinking health care resources. Palliative care music therapy represents an even smaller corner of the field, less developed and more vulnerable.

Nonetheless, a growing number of music therapists are practicing in palliative care, studying the impact of music on those with life-threatening illnesses, and telling their stories. The work is rich, often intense, and deeply moving. The therapists are sharing their experiences and the writing is diverse: anecdotal, personal, practical, and scientific.

To date, two international conferences on music therapy with the terminally ill have taken place: one in New York (1988) and the second in Oxford (1994). The authors of this bibliography were the two Canadian delegates at the Oxford conference.

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They began to exchange articles of interest and soon identified the need for a comprehensive palliative care bibliography.

Literature searches covered a wide variety of English language medical, nursing, psychosocial, and creative arts therapies journals and books. Citations represent both medical music therapy (*i.e.*, characterized by the presence of trained music therapists) and music medicine (*i.e.*, characterized by the presence of non-music therapists and pre-recorded music). To be included in this bibliography, works had to:

- feature the presence of music,
- involve therapeutic intent,
- deal with terminal illness and related conditions, and
- be published in books, journals, or conference proceedings.

Some works of particular interest that did not meet all the criteria are also included.

The bibliography contains 161 citations, organized into eight sections. All book prices cited are in American dollars unless otherwise noted. The eight sections are as follows:

- **Music therapy in palliative care: General**—Articles, books, *et al* cited in this section were written by music therapists looking at various aspects of the work (*e.g.*, case studies, theoretical and research issues, education, spirituality).
- **Methods and techniques**—Use of songs, life review, guided imagery and music, improvisation, and Therapeutic Touch are some of the techniques represented and described in this section.
- **Pain and symptom management**—This section includes theoretical, anecdotal, and scientific accounts of the use of music to reduce chronic pain, cancer pain, and nausea.
- **Stress reduction, mood alteration, relaxation**—These articles detail music and stress reduction with the terminally ill or related clinical populations; some of theoretical interest (*i.e.*, a literature review, a laboratory study) are also included in this section.
- **HIV/AIDS**—Citations in this section pertain to work by music therapists dealing with clients

who have HIV or AIDS.

- **Children**—Citations in this section include works about music therapy in pediatric oncology and palliative care as well as with children of adult oncology patients. Citations from other pediatric populations (e.g., burn care, trauma) contain relevant techniques that can be directly extrapolated.
- **Grief and bereavement**—This section, whose works were written primarily by music therapists, is concerned with grief work and the use of music in its facilitation.
- **Related resources**—This section includes articles concerning the use of music with the terminally ill written by non-music therapists (e.g., volunteers, nurses, pastoral care workers), some music-medicine references, and other related articles of interest.

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Acknowledgments

We would like to thank Dr. S. Lawrence Librach and the Temmy Latner Centre for Palliative Care, Mount Sinai Hospital (Toronto), as well as Dr. Balfour Mount and Yvonne Corbeil of the Palliative Care Service, Royal Victoria Hospital (Montreal), for their support of this project. Our deep appreciation goes to all those writing about this challenging work, with special thanks to Jenny Martin and Colin Lee for organizing the two conferences to date on music therapy in palliative care. Most of all, our gratitude goes to the courageous men, women, and children—the patients—who continue to inspire our work.