

Directions

St Christopher's Hospice is only 15 minutes away by train from London Bridge station and is well serviced by transport links, main highway routes and buses.

By Bus

Routes 176 and 197 stop outside the hospice.

Routes 122, 202 227 pass the ends of Lawrie Park Road.

Route N3,75, 194 and 306 stop within 10-15 minute walk of the Hospice.

Bus route maps can be viewed at <http://journeyplanner.tfl.gov.uk>

By Train

The nearest train stations are Sydenham (*not Sydenham Hill*) and Penge East.

London Bridge to Sydenham trains leave London every 15 minutes.

*Victoria to Penge East trains leave London twice an hour. Return trains to London leave Penge East every 15 minutes.

* NOTE When arriving at Penge East from Victoria, cross over the footbridge, turn right out of the station and follow Station Road to the High Street. Turn right, under the railway bridge and take the first turning on the right into Lawrie Park Road.

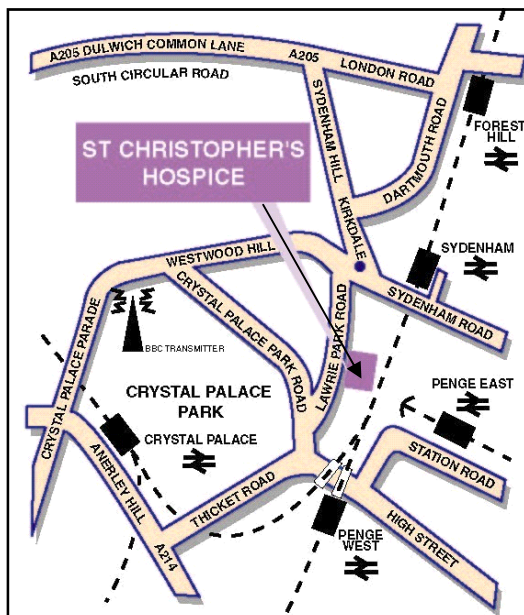
By Road

There is unrestricted parking in adjoining residential roads.

All timings and instructions are correct at the time of print however it is strongly recommended that delegates check all travel arrangements before they begin their journey. Details of all London travel can be found at: <http://journeyplanner.tfl.gov.uk>

St Christopher's Hospice
51-59 Lawrie Park Road
Sydenham
London
SE26 6DZ

Education Administration:
Tel: 0208 768 4656
Fax: 0208 776 5838
education@stchristophers.org.uk



Bookshop

Contact the bookshop for key material on all aspects of palliative care.
Phone the Librarian : 0208 768 4660, email: d.brady@stchristophers.org.uk.

Or visit our website www.stchristophers.org.uk/bookshop.

You will find annotations of all material in the shop as well as details on how to order by post

Music therapy at the end of life: changes, challenges and moving forward

*Considering the provision of music therapy in the
changing world of end of life care*

9 July 2009

09.30—16.00

Cost: £90

Code: MTD0709

The Education Centre,
St Christopher's Hospice

Book Online:
www.stchristophers.org.uk/bookingform



St Christopher's Hospice

Please email us with queries or visit our website for details of other courses:
www.stchristophers.org.uk/education
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Music therapy at the end of life: changes, challenges and moving forward

CHAIR

Nigel Hartley

Director of Supportive Care, St Christopher's Hospice

SPEAKERS

Bob Heath

Music Therapist, Sir Michael Sobell House

Tamsin Dives/Gerry Prince

Music Therapists, St Christopher's Hospice

Julian O'Kelly

Music Therapist, Princess Alice Hospice

Roy Travasso

Music Therapist, St Elizabeth's Hospice and EACH, Ipswich

Frances Kraus

Candle Project Leader, St Christopher's Hospice

WHO SHOULD ATTEND?

Hospice Managers, Therapists, Arts Therapists, Artists, AHP's, etc.

This day will examine the effectiveness of music therapy when used as part of the end of life care multidisciplinary mix. Case studies and evaluation studies will be presented in order to identify the usefulness of music as a clinical intervention for those facing the end of life. If you want to explore the possibility of using music therapy within your organisation or team, or want to understand the current challenges and possibilities facing the arts in specialist palliative care, then this day is for you.

It has now been almost twenty years since music therapy was introduced as an effective support for people living with or affected by life threatening illnesses.

Over the past few years, the different contexts where good end of life care is delivered has changed and developed. Providing good care within the places that people choose to die challenges many professions which have, in the past, been defined by the context in which they are expected to take place.

This day will provide an opportunity for music therapists working in, or interested in, this area of care to come together and share new ideas in order to understand and develop a strategy for the future provision of music therapy in the changing world of end of life care.

As well as people coming to the end of their lives in hospices or specialist palliative care units, this day will focus on care of the elderly, those living with advanced dementia, and those bereaved by sudden death such as suicide, accident or murder.

Topics include:

- What is music therapy?
- The history of music therapy—an overview
- The potential of the arts for fundraising
- What place does music therapy have in end of life care?
- Clinical work with children and adults, broadening the end of life care field—the elderly, dementia, and bereavement
- What should we expect from a music therapist?
- Challenges for the future—potential and possibility

Book Online:
www.stchristophers.org.uk/bookingform

For more information and Programme:
www.stchristophers.org.uk/education

Music Therapy day – titles/abstracts

Bob Heath:

Creativity and Collaboration Beyond the Music Room

The ***Souls and Shadows Foundation*** is a UK based charity which supports the work of music therapists in palliative and bereavement care. In the last two years it has paid for the installation of recording studios in eight hospices in Britain and has also provided financial support for several therapists to train in the use of collaborative songwriting as therapy.

This presentation tells the story of Caspar Olsen, the young man behind the inspiration for ***Souls and Shadows*** and the songs he created in therapy. It focuses on the role of the therapist as counsellor, collaborator, musician, producer and performer and highlights some of the dilemmas faced not only by contemporary music therapists but also by those who train them.

Gerry Prince:

Music therapy in Care homes – working with the elderly at the end of life

Current statistics show that people are living longer. With the growth of an elderly population comes increasing chronic illness – most noticeably dementia. Whilst a move to a care home is often the last place these people will live before they die many people with chronic dementia will have palliative care needs that are unmet.

It is important for those with terminal illness, to address their 'total pain' and integrate their physical, psychological, social and spiritual dimensions. As an integral part of end of life care practice hospice based music therapists have a role to play in bringing their work to end of life dementia patients.

This presentation will focus on the pioneering work of St. Christopher's Hospice, bringing the work that has traditionally taken place within the hospice building to range of excluded elderly patients living in care homes which would not be able to afford and deliver such services.

Tamsin Dives:

Promoting healthier attitudes to death and dying – music therapy in partnership

The Arts Team at St Christopher's has been active since 2006. The team is rich in its diversity, including therapists who are artists and artists who are therapists each with their unique approach to the work. Whilst approaches and theory may differ these differences are important as they equip the team to connect with a wide range of people.

The team works in various settings. Apart from within the hospice itself, community initiatives have been developed in Care Homes, G.P. surgeries, secondary and primary schools, as well as a large community exhibition and performance programme.

Health Promotion is an important part of the 2008 End-of- Life Care strategy. The St. Christopher's Schools project was mentioned in the strategy as an exemplar of good practice, and has since been funded in order to be rolled out nationally across hospices and other end of life care organisations. This presentation will focus on how the music therapist can work alongside other artists and therapists in order to address key strategic objectives.

Julian O’Kelly

The role of Music Therapy in supporting carers and families in palliative care

Experience has shown that one area of patients use of music therapy has been to communicate messages of love and hope to family members. Also, working with carers has highlighted how song writing in music therapy can provide both a timely emotional support and a powerful medium of communication. This presentation will explore the role music therapy can play in meeting the recommendations of the End of Life Care Strategy in supporting carers and families, combining clinical examples with pointers from the literature.

Ray Travasso:

A perspective on the future and sustainability of music therapy in a new direction of paediatric palliative care services.

Over the past 5 years paediatric palliative care has changed significantly. The development of children’s hospice services has seen increases in specialist staffing, funding, new build projects and improved management and organisational structures. Work in the community has considerably developed and hospices are receiving more complex individual and family referrals.

In 2008 the Department of Health issued a document entitled *Better Care, Better Lives*. The document was part of a drive to improve the outcomes and experiences for children, young people and their families living with life threatening and life-limiting conditions. The document sets the future direction of children’s palliative care services. It is a call to action all those engaged in providing services.

This presentation aims to highlight the clear objectives set in *Better Care, Better Lives* and suggests that the challenge is for the music therapist to identify and integrate these into their clinical work and service provision.

The future and sustainability of music therapy in paediatric palliative care depends on how music therapists address these important issues and adapt their ways of working. Key clinical areas addressed will include; end of life, family work, community outreach and bereavement work.