



# More Than Words

The Essential Role of Music Therapy in Pediatric Health Care

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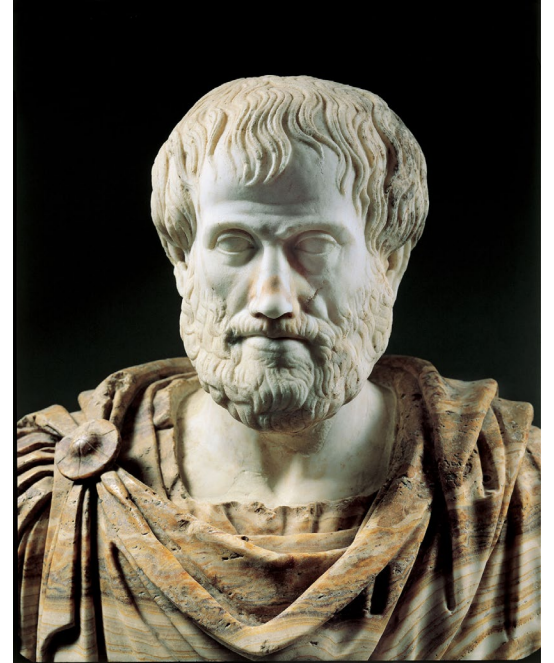
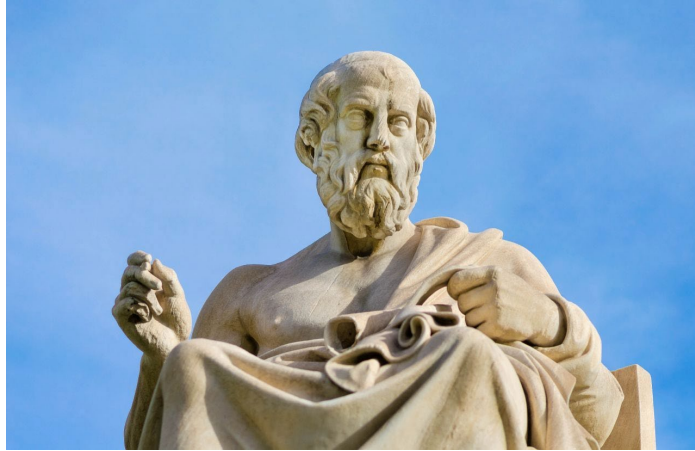
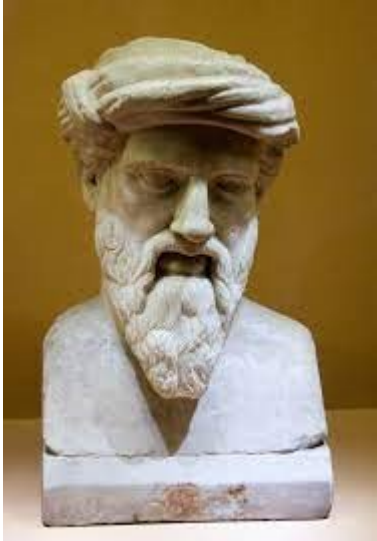
Brianna Negrete, MM, MT-BC

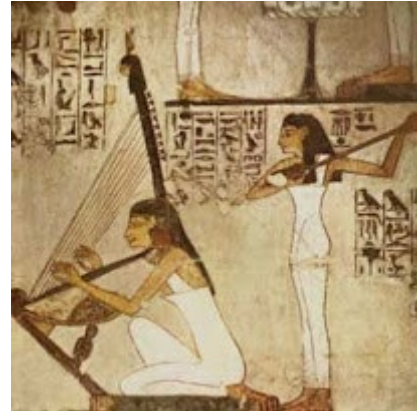
Jenny Goldhammer, MA, MT-BC

6/30/2021

# So there I am...











Matt

Jenny

Brianna



# FLOW STATES



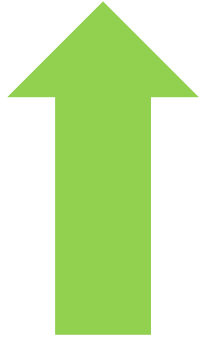


# Being in the Hospital

## A Flow Experience







**POSITIVE EXPERIENCE**



**STRESS**



UCSF Benioff Children's  
Hospitals

# Improvised Songwriting Example

## Version 1

I was in an airplane  
Singing my song  
I stared in the heaven above  
Shaking and scary and  
Shaking and scary above  
Shaking scary above  
I feel arms around me praying to heaven  
Please help my daughter  
She's done it again  
That's all I hear over again

## Version 2

Don't be scared here's a fact  
This is what happened to me in black  
I was scared and freaking out like that  
Like that you'll get better soon. Don't be  
scared in the hospital bed with you  
You'll be home soon

# Improvised Songwriting Example

## Version 3

Next day I wake up in the hospital bed obviously oh oh obviously

The doctor comes in, says I'm not 100% a tear goes down and I'm crying and wishing

Wishing siblings were there

To hear me sing this song

I see a window in my hospital

I crawl out the window on the roof

Wishing to the star again



Next day I wake up and I feel fine the sun is up and it's not raining

No snow coming in I feel fine oh

I feel fine

The doctor runs in and says leave this now

I don't want you here 'cause you're better now

Don't want you sick again don't want you sick again

It's not a dream!

# Music



# Music therapy



Development

Rehabilitation

Optimal States

Resilience







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