

Greetin' for a wee bawbee

Embracing Scottish Heritage within Music Therapy group sessions in a Palliative Care setting.



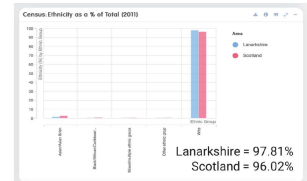
Background

Kilbride Hospice, South Lanarkshire, currently provides a 'Day Service' programme of enablement. Goals are set on week one and a bespoke, person-centred programme is devised for each group, with empowerment and rehabilitation at the core. Music therapy group sessions are part of this service. These sessions include making music together, relaxation and breathing techniques for anxiety/pain and exploring emotions through music listening.

This poster reflects the latter of these sessions and how a single piece of music can bring a group of strangers together to form a new 'Hospice Community' through shared and lived experiences.

Anecdotally, there is a lack of training for Music Therapists on embracing their own culture during patient interactions.

"Before music therapists can understand and work with clients from other cultures, they must first have an understanding of their own background and culture, and how their values and beliefs have shaped them as therapists".¹



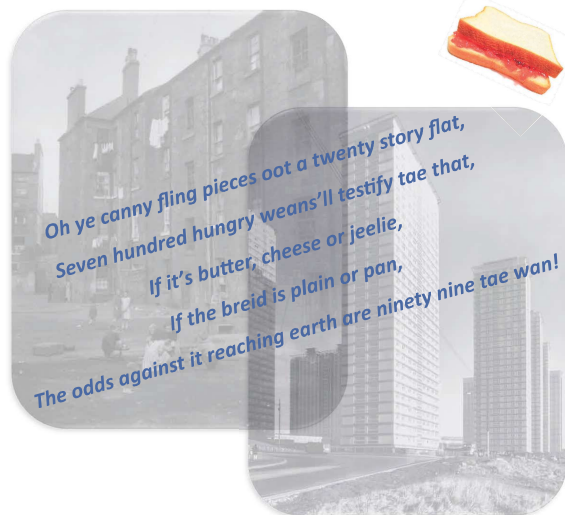
East Kilbride = 98.7%



² Scotland as a whole, Lanarkshire and East Kilbride ethnicity figures from 2011 census (at time of writing the 2022 results are not yet fully published).

The data above shows that the East Kilbride population is predominantly white and Scottish born.

Bringing Singing people together



"Very often, music expresses not the feeling of the individual but the feeling of a group".

"Music has been and still is the symbolic expression of a culture or the way of life of a group".

Juliette Alvin, the founder of the music therapy profession in Britain³.

Music and the Emotions

- Short extracts of music are played to the group who are asked to comment on what their first reaction is. There are often very differing opinions.
- One piece of music however always unites the group, **The Jeelie Piece Song** by Adam McNaughton (circa 1967).
- A strong sense of community and understanding begins to form amongst the patients as they share their experiences of this song.
- As a music therapist brought up in South Lanarkshire, being able to facilitate this cultural meeting is an honour and privilege and enables me to draw on my own lived experiences to enhance the group experience.



Toes start tapping as soon as *The Jeelie Piece* song starts to play.



Conclusion

- This Scottish folk song resonates with our patients. It is still passed on through the generations and is familiar with most children in Scotland today, no matter what their background.
- As our patients reminisce about shared past experiences they gain strength and understanding from, and about each other. This peer support helping them to negotiate their palliative diagnosis.
- This powerful form of peer support facilitated through music, allows our patients to meet each other where they are, in a safe and secure space, and to explore their lives together, both in the past, the present and as they begin to think about their end of life story.

References:

1. Voices: A World Forum for Music Therapy (2015), Volume 15, No 2
2. Hospice UK: <https://popnat.hospiceuk.org/Lite/Dashboard/147> and https://citypopulation.de/en/uk/scotland/wards/south_lanarkshire
3. Alvin, J. (1966) Music Therapy, Stainer & Bell.

Author: Anna Ludwig, HCPC Registered Music Therapist, Singing for Lung Health and Sing to Beat Parkinson's Practitioner. Kilbride Hospice

anna.ludwig@kilbridehospice.org.uk

This poster was first presented as an oral presentation at the World Congress of Music Therapy conference in Vancouver, July 2023 and takes its title from another popular Scottish folk song, 'Coulter's Candy'.

