The use of original song-writing to help families cope with hospice care

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Original Song Writing

Definition: “The process of creating, notating and/or recording lyrics and music by the client(s) and therapist within a therapeutic relationship to address psychosocial, emotional, cognitive, and communication needs of the client” (Wigram and Baker, 2005)

How it impacts the family:
• Creates a message from their loved-one that they can keep forever
• Opens up communication between families and patients
• Promotes emotional expression from both the patient and family

Recommendations

There are few studies with family members after the patient passes away. I would recommend that more follow up research be completed to see how the family copes with their loss. I would suggest following up with families after a month, six months, and a year about how often they listen to the original songs, and how the songs have impacted them now that their loved one has passed.

References