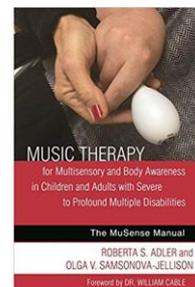


BOOK REVIEW

Music therapy for multisensory and body awareness in children and adults with severe to profound multiple disabilities: The MuSense manual (Adler & Samsonova-Jellison)



Reviewed by Gretchen Chardos Benner

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Title: Music therapy for multisensory and body awareness in children and adults with severe to profound multiple disabilities: The MuSense manual **Authors:** Roberta S. Adler & Olga V. Samsonova-Jellison **Publication year:** 2017 **Publisher:** Jessica Kingsley Publishers **Pages:** 208 **ISBN:** 9781785927362

REVIEWER BIOGRAPHY

Gretchen Chardos Benner, LMSW, MT-BC earned her bachelor degrees in Music Therapy and Viola Performance from Duquesne University. She completed a music therapy internship through The Cleveland Music School Settlement. Her master's degree in social work was earned from University of Pittsburgh. Her clinical focus is mental health treatment. Following four years working in a psychiatry department at an inpatient hospital setting, she founded a private practice Piedmont Music Therapy, LLC in North Carolina. Piedmont Music Therapy staff serve various clients of all ages in Greater Charlotte. Benner remains active through local and national service positions in music therapy. [director@piedmontmusictherapy.com]

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Music therapists interested in improving or enhancing their clinical effectiveness with clients who have profound and multiple disabilities (PMD) may be interested in reading this text. The 208-page manual is full of clinical suggestions and resources authored by a pair of board-certified music therapists who have a combined total of over 43 years of clinical experience in the field of music therapy. The text is divided into three parts. *Part 1: Sensory Development and Detours On The Road of Life* details the sensory process and foundation for treating persons with intellectual and developmental disabilities. The authors provide a comprehensive explanation of the physiological responses to music, which assists the reader to better comprehend the rationale for the authors' creation of this approach (explained in Part 2). The authors also include instruction that assists in organising long-term treatment plans for individuals with PMD.

Part 2: The MuSense Program: A Music Therapist's Toolbox defines the programme and clinical application within an inpatient setting for adults with severe to profound intellectual and developmental disabilities. The MuSense Program is defined as methodically directing multisensory processing and body awareness development for persons with severe to profound intellectual and multiple developmental disabilities. A further explanation describes the purpose of the auditory input of music as "to trigger an alteration of the homeostasis set points [...] and catalyze the adaptational change leading to improved extero-entero-proprioceptive awareness" (p. 66). Underlying this approach is the need to "prioritize the needs and goals of each individual carefully" (p. 74). The MuSense Program rests within quality-of-life core domains: physical and emotional well-being, interpersonal relations, self-determination, personal development and extero-entero-proprioceptive awareness. Chapter 3 in Part 2

is particularly instructive as a suggested initial inventory to implement a MuSense Program (pp. 80-84) is listed. Throughout the text, Adler and Samsonova-Jellison's clinical expertise shines, such as their emphasis on the clinician being a competent documenter of various assessment types.

The authors' humanistic approach is richly articulated. An example of a humanistic thread that is woven throughout the text is witnessed when the authors encourage music therapists to be steadfast and diligent when establishing a therapeutic relationship for client anticipation and participation. The wealth of terminology and diagrams used can benefit music therapists seeking accurate descriptors for clients' reactions to body and sensory awareness.

Part 3: MuSense With Various Ages and Populations provides greater detail according to specific populations. It should be noted that no peer-reviewed research is cited throughout the entire text, which typically is needed to confidently support replication or validate efficacy. *Part 3* begins with the MuSense Protocol applied to paediatrics explained from the perspective of Xueyan Hua, Music Therapy Intern, in Chapter 5. The next chapter shows adaptations of the MuSense Program for a paediatric client with dual diagnosis of Down syndrome and autism spectrum disorder written by Samsonova-Jellison. She also wrote Chapter 7, which illustrates elements of the MuSense Program being incorporated to treat a young child with autism spectrum disorder. Chapter 8 includes a case study by Andrea Clark following a tactilely defensive individual within a group treatment setting. The next chapter, by T. Grant Howarth, Music Therapy Intern, studies an older adult with profound intellectual disabilities secondary to intracranial injury unspecified, quadriplegia/paresis unspecified of the lower extremities, and hypothyroidism not otherwise specified who attended group treatment sessions. The manual is described as being applicable to music therapists serving diverse populations; however, individuals with PMD are the primary focus throughout the manual.

The ample vignettes and in-text citations provide readers the opportunity to differentiate their reading experience by exploring concepts, approaches and rationales according to their interest. Sheet music for original MuSense Songs discussed in the vignettes, blank templates of documentation forms and a thorough reference list are additional offerings. Missing from the reference list are authors' published studies pertaining to MuSense. The authors also grant digital access of Assessment/Summary of Progress Form and 18 audio files of the original songs through the publisher's website. Song files act as a tutorial to highlight musical elements that the authors deem instrumental in the treatment focuses of the MuSense Program.

The MuSense Manual provides access to a detailed programme designed by board-certified music therapists to treat individuals with PMD. The authors may provide renewed initiative and curiosity for new professionals or self-education. Overall, the manual is warmly written by music therapists that seem passionate about their dedicated years of work and are committed to share their findings and recommendations to best support a "positive impact on lives of people trapped in bubbles in a world they cannot accurately perceive or understand" (p. 21). *Music Therapy for Multisensory and Body Awareness in Children and Adults with Severe to Profound Multiple Disabilities* is a manual that integrates physiological research when working with individuals who may yearn for the relationship and outlet available through music therapy treatment.