
EASY-READ SUMMARY

Vibrational Music Therapy with D/deaf Clients

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Introduction

Music therapists sometimes work with clients who have deafness. This may be difficult.

The clients may use various types of hearing aids that function in different ways.

Some clients speak and some clients use sign language or other communication methods.

It can be difficult to relax if there is music and speech at the same time. This can overload the hearing aid devices.

Then sounds through the hearing aids can change very much.

Vibrosensoric approach

Music is both sounds and vibrations. You can hear and feel music. Researchers call it vibrosensoric experience. You can read more about vibrosensoric experience from Palmer & Ojala 2016. Some people are more sensitive to vibrations than other people. You can explore vibrations by touching the guitar or loudspeaker with your hands. You can also hold a balloon and it will make the vibrations feel stronger. Music is the most important tool in the therapy session. That is the reason why you have to be quiet when music plays. You can also use touch messages to tell about music. You can also use touch to give feedback. You can read more about touch messages from Lahtinen 2008. You can find this in the references list at the end of this article. You can also find more about touch and music from the website www.russpalmer.com

Vibroacoustics

There are some special equipment that make the musical vibrations stronger. They help to relax you. First of these vibroacoustic equipment was a music bed. The bed was built by Olav Skille in Norway. Also Tony Wigram built a similar bed in the UK. Petri Lehtikoinen built a chair for relaxing and toning the muscles. You can read more on these equipment from Wigram, Saperston & West, 2005. All these equipment distribute low tone frequencies across the body.

Music therapy session

The therapist has to check all instruments, vibrations, sound levels and the places in the room before the session.

Therapist needs to allow more time to client's responses.

Therapist needs to look carefully for face expressions and reactions from the client. The reactions may be subtle and not obvious. Therapist may also alert attention in different ways: flicking lights, foot-tapping or a specific drum beat.

The session structure is easier in this way: instructions -- music -- feedback -- discussion.

Identity and power

Music therapy can help you to find your identity and make you healthier. You can use music in different ways in therapy session. You can sing, play an instrument, listen to music, listen to songs, or play in a group. This can help you to find new strengths in yourself.

Disability and co-operation

Some music therapists may have a disability. They have been born with the disability or they may have an illness or they may have been in an accident. It may be best to work in a team. This team includes disabled and non-disabled therapists working together.

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