



"It's My Voice, Now Give it Back!": The Healing Power of Reclaiming One's Voice Using Music Therapy

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Credit: One (1) Continuing Education Credit Awarded

Post-Test (For reference only. You must take and pass the test online for CE credit.)

1. The amygdala was shown to decrease activation during which music therapy intervention?
 - a. Drumming
 - b. Song writing
 - c. Instrumental improvisation
 - d. Melodic intonation therapy (MIT)

2. Which best describes entrainment?
 - a. A heart-beat and a drum beat synchronizing
 - b. two instruments playing together
 - c. a tree swaying in the breeze
 - d. a locomotive coming to a stop

3. Song writing helps someone struggling with alexithymia by:
 - a. ability to verbally express thoughts and feelings
 - b. allowing for positive group interaction
 - c. creating rhythmic patterns
 - d. Using symbolism and metaphor to re-route language

4. Melodic Intonation Therapy (MIT) is best described as:
 - a. Pairing words with a melody in order to circumvent language deficits
 - b. Learning how to sing in tune
 - c. Relative pitch vs. perfect pitch
 - d. Singing with a group to increase positive peer interaction

5. What is not an example of a secondary voice?
 - a. Playing an instrument
 - b. Dancing
 - c. Drawing
 - d. Speaking

6. Kumar's study showed music therapy increased all but the following with Alzheimer's patients:
 - a. Norepinephrine
 - b. Epinephrine
 - c. Melatonin
 - d. Adrenaline

7. What best describes sound healing?
 - a. Repairing damaged instruments
 - b. Singing to people
 - c. Sound waves and sound vibration creating balance within the body
 - d. Listening to music

8. Rudolf Karel composed music on which of the following?
 - a. A dirt floor and a stick
 - b. A wall and a small rock
 - c. Toilet paper and charcoal medication
 - d. Old parchment and a quill

9. Body percussion involves communication between
 - a. Mind and body
 - b. Right and left hemispheres of the brain
 - c. A person and a drum
 - d. Sound and rhythm

10. "Often people who have failed at outpatient therapy do so because they either cannot use words or use words extremely well as a _____".
 - a. Weapon
 - b. Defense
 - c. Coping skill
 - d. manipulation