

Title: Songs and Meaning-Making in Music Therapy at the End of Life

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### **Abstract**

Human development can provide a theoretical basis for the studying of late adulthood and end-of-life experience and shaping an approach to therapy. Specifically achieving developmental landmarks at the end of life may contribute to a “good death.” Retrospection of life’s meaning is one of these developmental landmarks. This presentation will focus on the use of music therapy, specifically the use of songs, to help patients come to terms with the meaning of their lives. Case vignettes will be used to show the power of music and relationship in helping patients to achieve personal growth even while dying.

### **Biographical Statement**

Dr. Cheryl Dileo is the Laura H. Carnell Distinguished Professor of Music Therapy, the Coordinator of the PhD Program in Music Therapy and Director of the Arts and Quality of Life Research Center at Temple University in Philadelphia, USA. She is the Past-President of the World Federation of Music Therapy and the National Association for Music Therapy, Inc. (USA). She is a Founding Member of the International Association for Music and Medicine. She founded the music therapy program at the University of Evansville and has served on the music therapy faculty at Loyola University. She was named the McAndless Distinguished Scholar and Professor in the Humanities for the 2002-3 academic year at Eastern Michigan University. She is currently on the Honorary Faculty at the University of Melbourne Australia, and a member of the PhD Program Advisory Board at Aalborg University, Denmark. She serves on the Advisory Board for the Nordic Journal of Music therapy, and has served on the Editorial Board of the Journal of Music Therapy, as Editorial Consultant for Music Therapy: The Journal of the American Association for Music Therapy, and the International Journal of Arts in Psychotherapy. She has given more than 200 lectures and workshops in this country and abroad, having conducted lecture tours on 5 continents. She has authored/co-edited 15 books and over 100 book chapters and articles. Currently, she is a co-author of 7 systematic reviews published in the Cochrane Library. She has received grant funding from a variety of sources, including the State of PA Formula Fund, the National Endowment for the Arts, and the Barra Foundation.