Getting In Tune With Your Students: Using Music in Therapy

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CREATIVE ARTS IN THERAPY

- Music therapy uses the creative process to enhance
  - physical well-being
  - mental well-being
  - emotional well-being
- The creative process involved in musical expression helps people to
  - resolve conflicts and problems
  - develop interpersonal skills
  - manage behavior
  - reduce stress
  - increase self-esteem and self-awareness
  - achieve insight
History of Music Therapy

- Developed during WWI and WWII – used with veterans
- The use of music in healing is an ancient practice
  - Music is connected with:
    - Religious tradition
    - Medicine
    - Cultural customs
    - Universal Rituals
      - Funerals
      - Weddings
      - Important events
EMPIRICALLY DEMONSTRATED EFFECTS OF MUSIC

- Physiological changes
  - Brain waves
  - Heat rate/ blood pressure
  - Pain management

- Psychological
  - Improved mood
  - Stress reduction
  - Improved memory
THEORISTS

- Jung/Freud
  - Symbolism
  - Unconscious communication
  - Collective unconscious- archetypes
- Winnicott
  - Play/creativity
  - Holding environment
  - Transitional space
- Rogers
  - Unconditional positive regard
  - Permission
  - Human potential
Bridging the Gap

- Music therapy is helpful in bridging the gap between *nonverbal* content and outward expression.
- Music has the power to call up emotions from the unconscious.
- Music has been seen as a therapeutic ally to the verbal approach to counseling. It links people together and gives them a common denominator with which to relate.
USING MUSIC IN THERAPY

- **Projective:** Song selection by clients is a kind of “projective technique” that reveals the needs of the unconscious for certain types of stimuli.
- **Cathartic:** facilitates emotional expression.
- **Mastery:** promotes self awareness and understanding.
- **Identity Development:** self-identity is strongly influenced by their shared values with certain performers, composers, and other listeners.
- **Interpersonal connection:** feeling known and understood. Clients find that many of the words, sounds, and feelings that these people embrace as their own originated with someone else.
BENEFITS OF CREATIVE ARTS IN THERAPY
(GLADDING, 1982)

- Connectedness
- Energy and process
- Focus
- Creativity
- New sense of self
- Concreteness
- Insight
- Socialization and cooperation
Music in Therapy vs. Music as Therapy

- Therapists can use music in therapy by utilizing specific techniques or exercises within the context of the clients goals for therapy.
- One not need be a Music Therapist to use music in therapy.
MUSIC PREFERENCE
(RENTFROW & GOSLING, 2003)

- Reflective and Complex
- Classical, Jazz, Blues, Folk
  - Greater openness to new experiences
  - High self-perceived intelligence
  - Better verbal ability
  - Political liberalism
  - Inventive
  - Value aesthetic experiences
  - Not socially dominant
  - Not athletic
Music Preference

- Intense and Rebellious
- Alternative Rock, Hard Rock, Metal
  - Open to new experiences
  - High self-perceived intelligence
  - High verbal ability
  - No relation to neuroticism
  - No relation to conscientiousness
  - Curious
  - Enjoy taking risks
**Music Preference**

- Upbeat and Conventional
- Country, Pop, Religious
  - Very extroverted
  - Agreeable
  - High in Conscientiousness
  - High Self-perceived attractiveness
  - Athletic
  - Not open to new experiences
  - Politically conservative
  - Helpful
Music Preference

- Energetic and Rhythmic
- Dance, Hip-Hop/Rap, Soul/Funk
  - High Extroversion
  - Very agreeable
  - Politically liberal
  - High Self-perceived attractiveness
  - Low social dominance orientation
  - Talkative
  - Energetic
3 WAYS TO USE MUSIC
(CHARMORRO-PREMUZIC, SWAMI, FURNHAM, & MAAKIP, 2009)

- Emotional use
  - Using music to induce moods
  - Link with neuroticism

- Cognitive use
  - Analyzing structure or parts played by different instruments
  - Link with openness

- Background/social use
  - Using, tolerating, and enjoying music while working, socializing, studying
WAYS TO USE MUSIC IN THERAPY

- Emotional Expression
- Rapport Building
- Sensory Cues for Memory
- Music as Form of Narrative Therapy
- Music Taste as Identity
- Creating Emotional Reactions
WAYS TO USE MUSIC IN THERAPY

- Music Artists as Role Models
- Music as a Coping Strategy
- Music to Promote Identity Development
- Music for Mastery
- Sharing Music to Connect with Others
- Music as a Diagnostic Tool
WAYS TO USE MUSIC IN THERAPY

- Your goals and techniques
- Case presentations
- Comments and questions

Handouts available on the CCNY website