



# Getting *In Tune* With Your Students: Using Music in Therapy

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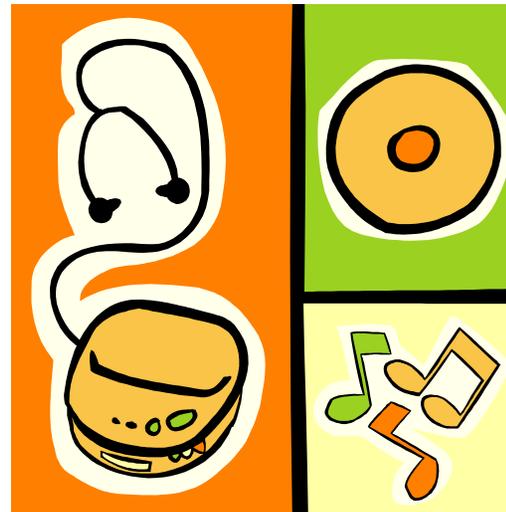
# CREATIVE ARTS IN THERAPY

- 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
  - Heart rate/ blood pressure
  - Pain management
- Psychological
  - Improved mood
  - Stress reduction
  - Improved memory



# THEORISTS

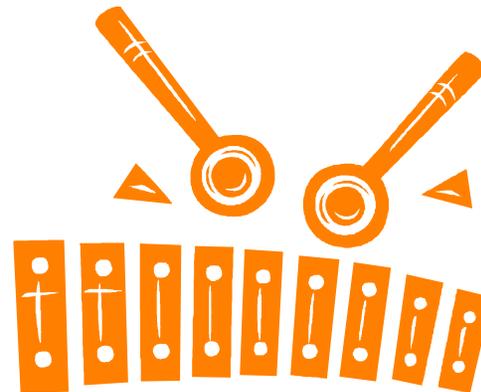


- Jung/Freud
  - Symbolism
  - Unconscious communication
  - Collective unconscious- archetypes
- Winnicott
  - Play/creativity
  - Holding environment
  - Transitional space
- Rogers
  - Unconditional positive regard
  - Permission
  - Human potential



## 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

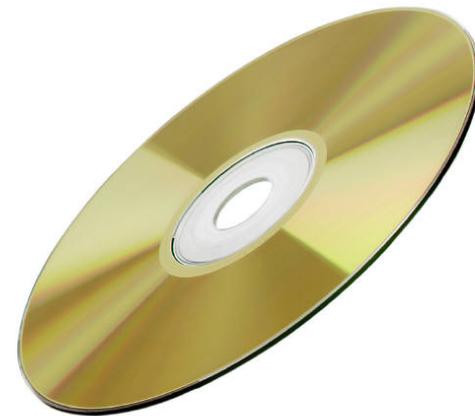
- Therapists can use music in therapy by utilizing specific techniques or exercises within the context of the clients goals for therapy
- One not need be a Music Therapist to use music in therapy



# 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

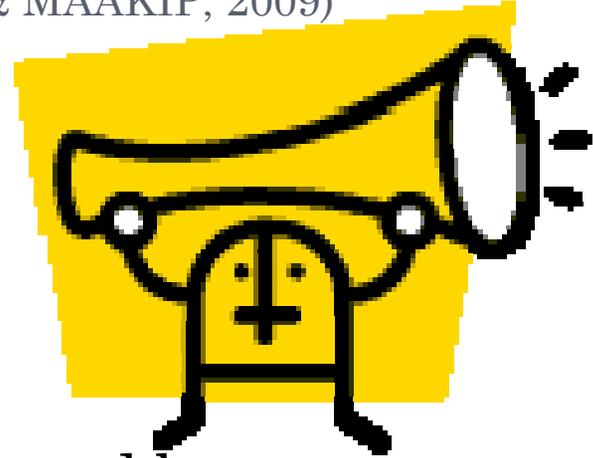
- Energetic and Rhythmic
- Dance, Hip-Hop/Rap, Soul/Funk
  - High Extroversion
  - Very agreeable
  - Politically liberal
  - High Self-perceived attractiveness
  - Low social dominance orientation
  - Talkative
  - Energetic



# 3 WAYS TO USE MUSIC

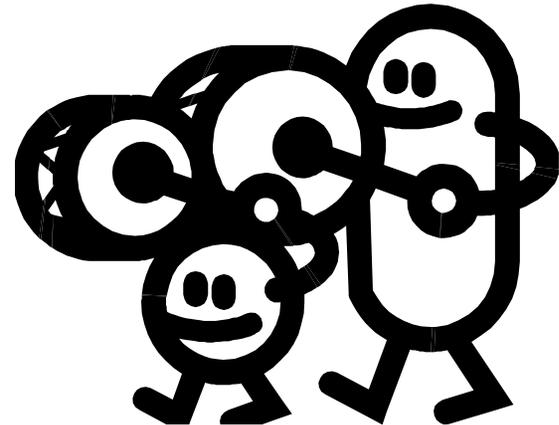
(CHARMORRO-PREMUZIC, SWAMI, FURNHAM, & MAAKIP, 2009)

- 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

