

Ways to use music in therapy

- **Emotional expression:** Music can reflect and express a client's feelings/ situation
 - Making music that expressed client's mood
 - Identification with someone else who experiences that feeling
 - Client can find a song that reflects their situation to help express it to counselor
 - Good for less verbal clients, male clients
 - Emotional release/catharsis – reflect and expands client's emotion
 - “Mood CDs” activity
- **Rapport building:** Discussing music taste to establish rapport
 - Music taste as an expression of identity and inquiring about their music interests can be a way to get to know your clients
 - Especially with students with extreme tastes
 - Ok for therapist to be a real person and have real tastes!
- **Sensory cues for memory**
 - Music flashbulb memories?
 - Past associations with songs or artists – transport them emotionally to a past state
 - Comforting memories with comforting people
 - Concert experiences
 - Background music during pivotal points in their life?
 - Soundtrack for a time in their life
- **Music as form of narrative therapy** – songs can represent the victim and journey to survivor narrative
 - Music as metaphor – symbols/handy carrying case for cognitively-complex ideas or complicated emotions
 - Instillation of hope through identification with people at a different stage of change
 - I will Survive
 - “Same old Song, but different” Activity
 - “Musical Chronology” activity
- **Music taste as identity**
 - Goth, emo, punk, country
 - T-shirts
 - Juggalo culture
 - DMB stickers on cars
 - Phish tours
- **Music can create emotional reactions**
 - Shapes mood
 - Changes energy
 - Motivates workouts, studying, writing, etc.
 - Music as behavioral activation
 - Accessing a different feeling through listening to music– Happy, sad, angry, energetic, etc.
 - Om and other Mantras

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- **Music artists as role models** - the story of their life and stories behind their song can provide psycho-education and normalization
 - Pete Wentz, Fall out boy; Mary J Blige (www.halfopus.com)
 - Axl Rose, Brian Wilson, Syd Barrett, Kurt Cobain, Britney Spears
- **Coping strategies**
 - Relaxation
 - Spa music
 - Safe space visualization through music
 - Dwelling and marinating with prescribed writing assignment to make it productive
 - Sharing music to connect to other people
- **Music to promote identity development**
 - “Who am I?”
 - Finding a community- self in relation to others
 - Exploring multifaceted identities
 - Self awareness
- **Music for mastery**
 - Owning knowledge of one’s musical taste
 - Creating music
 - Writing lyrics
 - Receiving validation for musical expression
- **Sharing music to connect to other people**
 - Friend groups bonded my musical tastes
 - Concerts
 - Drum circles
- **Diagnostics**
 - Implications of music obsession
 - Complete dislike of music
 - Amusality
 - Leader vs. follower
 - Strong preferences/individuality vs. listen to whatever friends listen to

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