Rock and Roll Music Therapy

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Who Are You?

- Name
- What do you do?
- What is your favorite song?
- Is there anything you are hoping to get out of today’s workshop?
What is Music Therapy?
Music Therapy

- A research based health profession that uses music to reach non-music goals.

- Some non music goals: walking, talking, decrease anxiety, decrease depression, education, increase muscle movement, increase communication, decrease behavioral issues, etc.
What can it look like?

- Goal Domains
- Populations
- Specializations
- Settings
What’s happening in the brain?

- Music making is a multisensory experience
- Neuroplasticity
Patient Preferred Music!

- Research shows that people respond better when you are using their favorite music.
- It is important to know many types of music for all ages and in all genres.
- Group brainstorm time!
List 5 Songs In Each Category

- Children’s Songs
- Pop
- Country
- Heavy Metal
- Adults
- Elderly
Who can practice?

- Complete a music therapy degree program approved by the American Music Therapy Association (AMTA)
- Complete 6-9 month AMTA approved internship
- Pass board examination to become a music therapist, board certified (MT-BC)
- 5 year renewal of certification
Music Therapy vs. Music Activity
Rock and Roll Music Therapy!
Model

- Led by MT-BC
- 2x per week for 1 month
- Group members screened by MT-BC/Seen individually
- Performance on final day of workshop
Rock and Roll Music Therapy

- Friendship
- Interpersonal Skills
- Expressive Communication
- Risk Taking
- Compromise
- Flexibility
- Cognitive Skills
- Self Esteem
Now What?
Music in the Community

- Healthy Self-Expression
- Safe environment
- Self-esteem
- Validation
- Expectancy of success
- Musical Identities
Some Useful Tools

- Lyric analysis
- Life Review
- Musical Conversation
Important!

- No wrong answers
- Expectancy of success
- Triggers
- Don’t force anything
Questions?
Let’s Make Some Music!
Resources

- [www.musictherapy.org](http://www.musictherapy.org)
- [www.centerformusictherapy.com](http://www.centerformusictherapy.com)
- [eddiek@centerformusictherapy.com](mailto:eddiek@centerformusictherapy.com)