



Music Therapy & Adolescents

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Overview

- ▶ Adolescents Overview
- ▶ Program Development
- ▶ Session Elements
- ▶ Experiential Intervention Examples
 - Check-in & Warm-up ; Creative Arts & music ; Lyric Analysis
 - Rap/Songwriting ; Movement to Music ; Music Appreciation
- ▶ Resources & Further Reading

Adolescents

▶ Adolescent Terminology:

- | | | | |
|----------------|-----------------|------------------|---------------|
| * Youth | * Teenager | * Adolescent | * At-Risk |
| * Teen Program | * At-Risk Youth | * Troubled Teens | * Pre-adult |
| * Juvenile | * Minor | * “Tween” | * Young Adult |

- *Organizations can be sensitive about terminology.*
- *Check website or ask how they professionally refer to their clients.*

▶ Demographics in MT

- This “can” mean anywhere from 10–19 years old
- 140 MT journal articles reviewed and represented work with teens*
 - Pediatric Hospital (31%)
 - Residential (14%)
 - Mental Health (3%)
 - Educational Setting (21%)
 - Various (12%)
 - Community (16%)
 - Hospice (3%)

- *McFerran, K. (2010) Fig 1.2, p.29

Finding Adolescent Populations

Google® Keywords: [*your city/location* + _____]

– “*teen*”, “*youth*”, “*teenager*” are interchangeable, so try swapping the terms around!

- * youth programs
- * after-school programs
- * teen substance abuse
- * teen support groups
- * teen programs + library
- * hospital teen programs
- * homeless teens
- * at-risk youth services
- * teen support groups
- * teenager eating disorders
- * teenager psych facilities
- * music enrichment + teens
- * teen + pregnant/parents
- * young adult group home
- * teen programs
- * troubled teens
- * teen sexual health program
- * teens and parents groups
- * troubled teens + services
- * youth transition programs
- * teen LGBTQ support groups

Program Development

- ▶ What is the *mission* of the Program/Facility
- ▶ Program Goals + Music Therapy Goals
- ▶ Marketing Strategy
 - Pilot Programs – *if it is an organization worth sacrifice of time/funding*
 - Networking Events – *held at schools, coalitions, etc.*
 - Letter/Email of Introduction – *explains who you are and your interest*
 - Follow-up Phone Call – *shows good follow-through*
 - In-person Meeting/Tour – *chance to share your passion in-person*
- ▶ Proposal Sample (.ppt or .pdf)

Session Elements

- ▶ What music to play?
 - Client-preferred = *above all else!*
 - Top 40, Reggae, Hip-Hop, Rap = *most typical*
- ▶ What instruments to use?
 - Accessible to play, clear instructions, intriguing
 - Misc Percussion, kalimbas, and any pentatonic pitched
- ▶ What interventions to facilitate?
 - See next slide
- ▶ Session Considerations
 - Set Clear Expectations : at the beginning and reminders
 - Re-direction : Who does it? What are the consequences?
 - Documentation

Experiential Intervention Examples

- ▶ Check-in & Warm-up
- ▶ Creative Arts & Music
- ▶ Rap/Flow/Songwriting
- ▶ Movement to Music
- ▶ Music Appreciation/Discussion
- ▶ Check-out & Close

Intervention 1: Check-in

- ▶ Self-expression: Spoken vs. Musical
- ▶ Gives time to build trust, rapport, etc.
- ▶ “Intriguing” Instrument Pass
 - Symbolic Play – sounds played represent emotion
 - *Marimba Conversation*
- ▶ Musical Game = *Clap Revolution*
- ▶ Movement to loosen up = *Bust a Move*

2: Creative Arts & Music

- ▶ Intrapersonal and Interpersonal
- ▶ Art, Haiku, Scrapbooking song titles, lyric mash-up...anything goes!
- ▶ Generally girls like this better than boys
- ▶ *CD Album Artwork* works well
- ▶ *Song Title Mash-up Poetry*

3: Rap/Flow/Songwriting

- ▶ Writing/Theme vs. Free Form
- ▶ Individual, Small Group, Large Group
- ▶ Pre-recorded, Loops, or Live Accompaniment
- ▶ “Teen Beats” – Make some on GarageBand
 - Therapist makes pre-session
 - Clients can cooperatively make loops during session
 - 4 bars of a minor Classical song over top!
- ▶ *“I Am”*

4: Movement to Music

- ▶ 'Out of the head, into the body...'
- ▶ Using intriguing music (live or recorded)
- ▶ Creative Expression
- ▶ Competition in a Fun, Healthy Way
- ▶ *Musical Marco Polo*

5: Music Appreciation/Discussion

- ▶ History, Educational, Social Awareness
- ▶ Discussions about music bring up current topics. Easier to talk “through” the lyrics
- ▶ Opportunity to share opinions; learn how to have a positive, social debate with peers
- ▶ *Jimi Hendrix Experience*

6: Check-out & Close

- ▶ Esp with teens who've had many adults “leave” in the past, closure is SO essential
- ▶ Appropriate preparation to end session or all
- ▶ Checking in with client at end of session
- ▶ *Bean Bag Toss*

Resources & Further Reading

Music Therapy Resources – Research:

- Journal of Music Therapy
- Music Therapy Today
- Music Therapy Perspectives
- Nordic Journal of Music Therapy

Music Therapy Publications – Concepts & Interventions:

- Camilleri, V. (2007). *Healing the Inner City Child*
- Gardstrom, S., Abrams, B. (ed) (2004). “An investigation of meaning in clinical music improvisation with troubled adolescents.” *Qualitative Inquiries in Music Therapy: A Monograph Series 1*
- Kalani. (2004). *Amazing Jamnasium*
- Kalani (2004). *Together in Rhythm*
- McFerran, K. (2010). *Adolescents, Music, and Music Therapy*
- Pederson, N. & Reuer, B. (ed) (2011). *MusicWorx Toolbox: Music Therapy & Adolescent Populations*

Other Journals to Check Out:

- Psychology and Psychotherapy
 - The Family Journal
 - Social Work With Groups
- Journal of Adolescent Health
 - Psychology of Music
 - The Arts in Psychotherapy
- Journal of Youth and Adolescence
- Clinical Child Psychology and Psychiatry



Questions?

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Thank you!!