



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%)
- Educational Setting (21%) Various (12%)
- Community (16%)
- Hospice (3%)

Mental Health (3%)

Residential (14%)

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

Finding Adolescent Populations

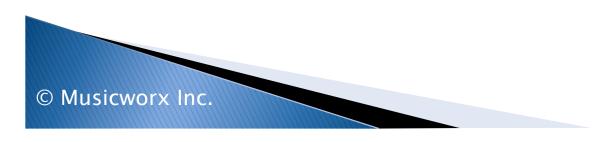
<u>Google® Keywords:</u> [your city/location + _____

- "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 an 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!



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:

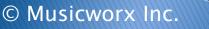
- Journal of Music Therapy
- Music Therapy Today
- Music Therapy Perspectives
- Nordic Journal of Music Therapy

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?



Thank you!!

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