

Songwriting and Lyric Analysis in Music Therapy



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What Is Music Therapy?

"Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program."

-American Music Therapy Association, 2005

Brief History of Music Therapy

- ♪ 300s B.C.: Music as a healing influence
- ♪ 1800s: First record of a music therapy intervention
- ♪ Early 1900s: Hospital musicians
- ♪ 1944: First college training program started

Brief History of Music Therapy

(continued)

- ♪ 1950 and 1971: Professional associations formed
- ♪ 1980: *Music Therapy*, a research and clinical journal, first published
- ♪ 1985: Certification Board for Music Therapists (CBMT) formed
- ♪ 1998: Two professional associations merged to form American Music Therapy Association (AMTA)

Music Therapy Goals in Brain Injury Rehabilitation

- ♪ Physical rehabilitation
- ♪ Memory and cognitive processing
- ♪ Stress release and pain reduction
- ♪ Communication and self-expression

Generalization and Independent Carry-Over

- ♪ Properties of music are used to work on non-musical goals in everyday life
- ♪ Musical intervention is faded as abilities improve
- ♪ Some interventions become strategies that the client can use independently when discharged from music therapy

Songwriting

- ♪ Fill in the blank
- ♪ Piggyback
- ♪ Original composition

Lyric Analysis

- ♪ Explore song lyrics
- ♪ Relate lyrics to client experiences
- ♪ Discuss coping strategies and client follow-through

Someday days just roll on by
Without a gray cloud in the sky
She keeps telling herself,
"I will make it on my own"
And her friends, they've all gone back to their lives,
Thinking she will be alright
As she races through the night, to make it home

And the door it slams like thunder
And the tears they fall like rain
And the warnings from her family
Whirl like a hurricane
Oh, she's drowning in emotions
And she cannot reach the shore
She's alive, but can she survive the storm?

-From *The Storm*, by Garth Brooks

Interested in Music Therapy?



What Does a Board-Certified Music Therapist Do?

- ♪ Assess emotional well-being, social functioning, communication abilities, and cognitive skills through musical responses
- ♪ Design and implement music sessions for individuals and groups based on clients' needs
- ♪ Participate in interdisciplinary treatment planning, ongoing evaluation, and follow-up

Find a Qualified Music Therapist

A qualified music therapist must have:

- ♪ Completed an approved college curriculum
- ♪ Completed an internship at an approved site
- ♪ Passed the national examination offered by the Certification Board for Music Therapists (CBMT)
- ♪ Earned the credential of Music Therapist-Board Certified (MT-BC)

Music Therapist Databases

♪ Certification Board for Music Therapists (CBMT)

Search online database: www.cbmt.org

Then, to obtain MT's contact info:

e-mail info@cbmt.org or call 1-800-765-2268

♪ American Music Therapy Association

Search online database: www.musictherapy.org

OR e-mail findMT@musictherapy.org

Possible Funding Sources

- ♪ Medicare: Partial hospitalization programs
- ♪ Private insurance
- ♪ State departments concerned with mental health or intellectual disabilities
- ♪ Private auto insurance or workers' compensation
- ♪ IDEA Part B
- ♪ Grants or private pay

Summary of Purpose and Value of Music Therapy

- ♪ Music therapy is research-based
- ♪ Programs are based on each individual's needs and can be tailored to his/her musical preferences
- ♪ Music is used to help individuals achieve non-musical goals and improve functioning in everyday life
- ♪ Music therapy is fun and motivating

Questions or Comments?



For More Information



American Music Therapy Association

301-589-3300

www.musictherapy.org

Certification Board for Music Therapists

610-269-8900

or 1-800-765-CBMT (2268)

www.cbmt.org



Thank you!

