

How Music Therapy Techniques Can Help Us Through the Grieving Process

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About the Presenter

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Participants Will be Able to...

- (1.) Define Music therapy
- (2.) Learn the four main methods to the music making experience
- (3.) Use Music therapy techniques in the grieving process

Defining Music Therapy

Music therapy is the clinical & 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.

Music therapy interventions can address a variety of healthcare & educational goals:

- Promote Wellness
- Manage Stress
- Alleviate Pain
- Express Feelings
- Enhance Memory
- Improve Communication
- Promote Physical Rehabilitation
- and more



History of Music Therapy

After World Wars I and II modern day music therapy began to be recognized as a legitimate wellness practice

E. Thayer Gaston, known as the "father of music therapy," was instrumental in moving the profession forward in terms of an organizational and educational standpoint

Michigan State University established the first academic program in music therapy (1944)

The field developed throughout the decades, and in 1998, the National Association for Music Therapy (NAMT) and the American Association for Music Therapy (AAMT) merged to become the modern-day American Music Therapy Association (AMTA)

Music Therapy Methods

Four main methods of interventions used in Music therapy practice:

- Receptive
- Re-creative
- Improvisation
- Composition

The Receptive Music Experience

Listening to the music and responding to the music silently, verbally, or another modality

This may be done with live or recorded music

Goals May Include:

- Promote stimulation or relaxation
- Facilitating memory or reminiscing
- Enhancing mood or reducing anxiety

Re-Creative Music Making

Playing or singing along to a pre-composed song. This may be music we know or a new song we have not yet heard

Re-creating may include singing and or playing various instruments (highly encouraged)

Goals May Include:

- Promoting socialization
- Self expression
- Promote positive emotional outlet

Improvisation

Spontaneous music making involving instruments, body percussion, and/or the voice

Goals May Include:

- Emotional Expression
- Validating experiences
- Develop relationship building

Composition

A process where the therapist supports the client in creating their own music or lyrics. These creations can be recorded or performed.

Goals May Include:

- Emotional Expression
- Legacy Work

Methods of Music Experience and The Grieving Process

Remembering the person:

- *Composition/Improvisation*

Embracing the pain of the loss:

- Song that reminds you of loved one
- Validate emotional state - iso-principle
- *Receptive/re-creative*

Processing Grief with Music

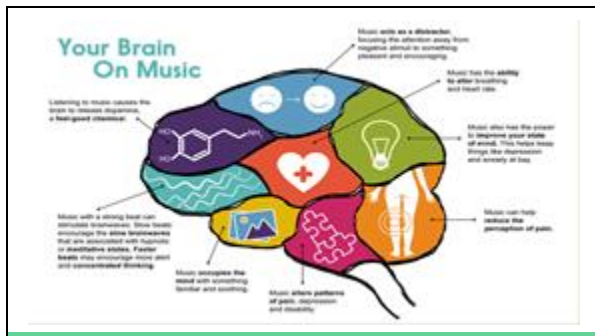
- Music provides a safe space to feel the emotions of loss
- Music gives us a way to express our big emotions
- Music calms the body and mind
- Music helps remember who we are
- Music connects us with other people
- Music helps us honor the memory of our loved ones

Emotional Impact of Chords

"Happy" Chord Progression: I-IV-V (Walking on Sunshine)

"Sad" Chord Progression: iv-IV-i-V (Say Something)

"Hopeful" Chord Progression: IV-V-vi-I (Let it Be)



How Do I Say Goodbye - Dean Lewis

Early morning there's a message on my phone
It's my mother saying, "Darling, please come home"
I fear the worst but how could you leave us all behind?
There's so much to say but there's so little time

So how do I say goodbye
To someone who's been with me for my whole damn life?
You gave me my name and the color of your eyes
I see your face when I look at mine
So how do I, how do I, how do I say goodbye?

When I couldn't, you always saw the best in me
Right or wrong, you were always on my side
But I'm scared of what life without you's like
And I saw the way she looked into your eyes
And I promise if you go, I will make sure she's alright

So how do I say goodbye
To someone who's been with me for my whole damn life?
You gave me my name and the color of your eyes
I see your face when I look at mine
So how do I, how do I, how do I say goodbye?

And there's no way you could ever let me down
Gonna steal some time and start again
You'll always be my closest friend
And someday we are gonna make it out
Just hold the light, just hold the light

So how do I say goodbye
To someone who's been with me for my whole damn life?
You gave me my name and the color of your eyes
I see your face when I look at mine
So how do I, how do I, how do I say goodbye?
So how do I, how do I, how do I say goodbye?

Music Made For You

Make a personal playlist for:

- Relaxation
- Pump up music
- Wanting to feel a certain emotion

Start where you are at emotionally (sad, anxious)

Work to where you want to be (anxious to relaxed)

- Find music that reminds you of loved one
- Write how you are feeling - turn that into a song



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