Music Therapy & Adolescents

Noelle Pederson, MT-BC, NICU MT
MusicWorx Inc. & Resounding Joy Inc.

© Musicworx Inc.
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

© Musicworx Inc.
Adolescents

Adolescent Terminology:
* Youth
* Teen Program
* Juvenile
* Teenager
* At–Risk Youth
* Minor
* Adolescent
* Troubled Teens
* “Tween”
* At–Risk
* Pre–adult
* 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%)
- Community (16%)
- Residential (14%)
- Various (12%)
- Hospice (3%)
- Mental Health (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*
- Kalani. (2004). *Amazing Jamnasium*
- Kalani (2004). *Together in Rhythm*

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?

Noelle Pederson, MT–BC, NICU MT
866–800–0197 (24 Fax/Voicemail)
npederson@musicworxinc.org

Thank you!!