THERAPEUTIC USE OF MUSIC

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CTRS
INTRODUCTION

- My current role as a CTRS
  - Redwood unit
- Past experiences
- How music plays a role in my job
  - Sensory room
  - Music in groups
  - Music groups
- Music in my personal life
  - Band
  - Choir
OBJECTIVES

- Find new ways to incorporate music into therapeutic groups
- Identify discussion points for patients during groups
- Learn where to purchase music supplies
INSTRUMENTS

Djembe

Rhythm sticks
INSTRUMENTS

Castanet

Egg Shaker
INSTRUMENTS

Tambourine

Jingle Bells
INSTRUMENTS

Guiro

Tone Block
INSTRUMENTS

Lolipop Drum

Clatterpillar
WHERE CAN I BUY THESE?

- **Percussion Source**

- **Musician’s Friend**
  - [http://www.musiciansfriend.com/classroom-rhythm-instruments](http://www.musiciansfriend.com/classroom-rhythm-instruments)

- **Amazon**

- **Meyer Music (local to West Michigan)**
    - Grand Rapids- 616-975-1122
    - Muskegon- 231-865-7000
    - Holland-616-396-6583
Drumming Activities

- Echo Rhythms
  - Leader plays a rhythm
  - Group plays the same rhythm back
Drumming Activities

- **Question and Answer**
  - Leader asks question while drumming to the syllables - ex: “What is your favorite food?”
  - Each individual answers while drumming to the syllables - ex: “spaghetti”

- **Additive Ensemble**
  - Leader plays a steady beat
  - Each individual adds their own rhythm one by one maintaining tempo

- **Drum Conductor**
  - Leader plays a rhythm and picks a group to play that rhythm
  - Leader plays another rhythm and assigns it to another group until all groups are playing
  - Leader can then adjust volume by raising and lowering hands for each group or whole group
**Drum Circle**

- Every person selects an instrument
- Express to the group that this may feel uncomfortable and even embarrassing in the beginning and ask for them to compare the way they feel in the beginning to how they feel at the end of the session
- **Playing the instruments:**
  1. Have everyone begin playing their instruments without any instructions
  2. Point to certain individuals and play a rhythm for them to repeat
  3. Ask for a volunteer to begin by starting to play a rhythm, and continue in a circle with each consecutive person following, creating a rhythm that sounds good with the ones before it
- Instruct participants to close their eyes
DISCUSSION POINTS

- Self Esteem booster
  - Builds confidence

- Stress Management
  - Juggling multiple things at one time

- Communication
  - How well do you hear other people’s instruments when focusing on your own?
  - Leadership- not always being in charge.

- Team Building
  - Working together, sounding good together
  - How your actions affect others
MUSIC AND MOVEMENT

- Noodle horses- https://www.youtube.com/watch?v=imeoOBI3UsQ
  - “Stick horses” made out of pool noodles
  - Talk about rules of being a horse rider (please don’t pick at the eyes, noodle, please don’t use the horse as a weapon etc.)
  - Pass out horses and have group members name their horses and brush their horses mane
- Divide into two groups
- Group A gallops during A section
- Group B gallops during B section
- When they are not galloping, they should be in their “stable” (standing still along the outside of the room)
- Songs
  - Star Wars Theme
  - William Tell Overture- https://www.youtube.com/watch?v=c7O91GDWGPU
MUSIC AND MOVEMENT

- Crape paper
  - Listen to the piece, pausing after each section and ask the group what they see happening in their imagination
  - Use crape paper as a streamer and have group move along to the music based on the story they created
- Songs
  - Carnival of the Animals-
    https://www.youtube.com/watch?v=OvPjtolajZk
  - Firebird (beginning, middle, end)-
    https://www.youtube.com/watch?v=Ioa5-7Ykr3w
  - Flight of the bumble bee-
    https://www.youtube.com/watch?v=aYAJopwEYv8
Cup Song

Directions
- Clap Clap touch the ground
- Clap move it over
- Clap sweep top bottom grab hit down

Songs
- Ob-La-Di Ob-La-Da By: The Beatles
  https://www.youtube.com/watch?v=z5oC0v-BDbE
- Firework By: Katie Perry
  https://www.youtube.com/watch?v=uJGTEBTMROk
KARAOKE

- Youtube or Karaoke CD’s played through the TV/Karaoke Machine
Questions?