



MUSIC

THERAPY

****PLEASE CALL LINDSEY (X2755) IF YOU HAVE ANY
QUESTIONS**

Music Therapy

- ❖ For each of the following exercises, you will need to have access to a device which can play music- either a CD player, phone, Ipad, Kindle, radio or TV
- ❖ **** You can still complete the packet without a listening device****** Please contact Lindsey at 199 2755 or any rehab staff at 199 2766 if you would like a print out of specific lyrics to work with.

Question and Answer

- 1) Choose a song
- 2) Write down a question based on the title of the song
- 3) Listen to the song (or read the lyrics)
- 4) Try to answer your initial question-(use attachment or a separate piece of paper)

Situation/Emotions/Advice

- 1) Choose a song
- 2) Listen to the song (or read the lyrics)
- 3) Think about what the song is about, what is happening, what are they talking about? (fill your answers in the **situation column**)
- 4) Think about what emotions are being expressed, how do they feel, what does the song make you feel? (fill your answers in the **emotions column**)
- 5) Think about what advice, guidance, or support you would give yourself or another person who is in that situation and feeling that way? (fill in the **advice column**)

Lyric Analysis

- 1) Choose a song
- 2) You will need to have access to the song's lyrics (you can find lyrics to most songs by using Google, or rehab staff can print lyrics for you)
- 3) Look over the lyrics, choose about 3-5 phrases which you like (or dislike), and write them down on a separate piece of paper.
- 4) Listen to the song. (If you do not have the ability to listen to the song, read the lyrics like a poem. If you feel comfortable, singing the lyrics yourself is always welcomed!)
- 5) Analyze the phrases you chose- what do they mean to you? Why is that phrase important to you? How does the phrase relate to you? What role does the phrase play in the song? (use separate piece of paper)

SAMSA's 10 Components of Recovery

Approach #1

- 1) Choose a component or components from the SAMAHA's 10 Components of Recovery provided in the packet
- 2) Choose a song
- 3) Listen to the song (or read the lyrics)
- 4) Reflect on how each component you selected relates to the song

Approach #2

- 1) Choose a song
- 2) Listen to the song (or read the lyrics)
- 3) Chose the component you feel best relates to the song and why

Dignity and Respect

Approach #1

- 1) Look over the Dignity and Respect list provided- choose as many words on the list which you feel you need at this moment
- 2) Choose a song
- 3) Listen to the song (or read the lyrics)
- 4) Which phrases in the song relates to the words you chose and why- use a separate piece of paper

Approach #2

- 1) Choose a song
- 2) Listen to the song (or read the lyrics)
- 3) What word from the list are they looking for or asking for?
- 4) What word from the list would you respond with? What would it look like?
How would you show it?

Music Appreciation

Approach #1

- 1) Choose a song
- 2) Listen to the song (or read the lyrics)
- 3) In one word, describe your experience of the song. You can use the Mood Adjective list provided or make up your own word

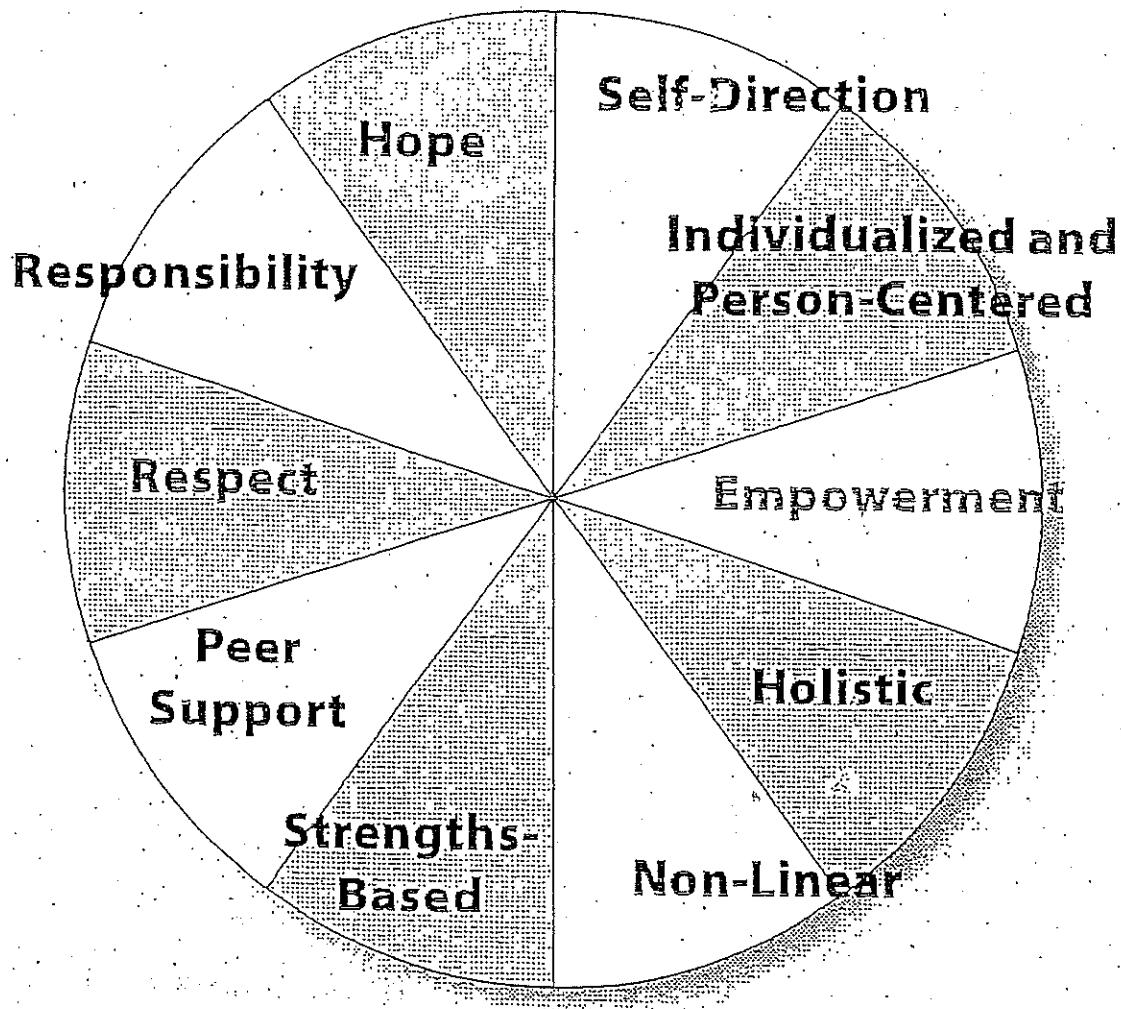
Approach #2

- 1) Choose a song
- 2) Listen to the song (or read the lyrics)
- 3) Rename the song to what you feel the song should be named and why

Question	Answer

<u>Situation</u>	<u>Emotions</u>	<u>Advice</u>

Components of Recovery



Resources

www.samhsa.gov

National Mental Health Information Center

1-800-789-2647, 1-866-889-2647 (TDD)

Dignity and Respect

Honesty

Kindness

Compassion

Courtesy

Understanding

Confidentiality

Privacy

Communication

Arrangement of Adjective for Recording The Mood Effect of Music

Spiritual	Pathetic	Dreamy	Lyrical	Humorous	Merry	Exhilarating	Vigorous
Lofty	Doleful	Yielding	Leisurely	Playful	Joyous	Soaring	Robust
Dignified	Sad	Tender	Satisfying	Whimsical	Gay	Triumphant	Emphatic
Sacred	Mournful	Sentimental	Serene	Fanciful	Happy	Dramatic	Martial
Solemn	Tragic	Longing	Tranquil	Quaint	Cheerful	Passionate	Ponderous
Sober	Melancholy	Yearning	Quiet	Sprightly	Bright	Sensational	Majestic
Serious	Frustrated	Pleading	Soothing	Delicate		Agitated	Exalting
	Depressing	Plaintive		Light		Exciting	
	Gloomy			Graceful		Impetuous	
	Heavy					Restless	
	Dark						

Group Suggestions for Mood Adjectives

Inspirational	Confusing	Creative	Disturbing	Choices	Guidance
Stupefied	Unique	Fable-like	Therapeutic	Wishful	Searching
Impeccable	Marvelous	Mystical	Sedative	Shine	Stompin'
Funky	Amazing	Provocative	Sharp	Malignant	Upstream
Uneasy	Goofy	Love	Melodramatic	Rustic	Cracker Jack
Puzzling	Gentle	Security	Determined	Honky Tonk	Glass
Ominous	Captivating	Vivid	Boisterous	Soulful	Pyramid
Deliberately	Hokey	Dexterity	Resolve	Smooth	Awakening
Exceptional	Finished	Reality	Headachey	Festive	Encompassing
Meaningful	Grinding	Mind-bending	Confused	Togetherness	Papaya
Bouncy	Famous	Light-hearted	Infectious	Thinkative	Conquering
Harmonious	Heartfelt	Hurtful	Struggle	Destiny	Psychedelic
Steamy	Sultry	Hurling	Gratitude	Sensitive	Cacophony
Trippy	Nostalgic	Hip	Distinguished	Whistful	Hair raising
Peaceful	Thoughtful	Jubilant	Patriotic	Film score	
Fantastic	Reminiscing	Tolerable	Reality	Intuitive	
Angelic	Rickety	Cautioned	Truthful	Transcendental	
Revengeful	Moody	Exciting	Universal	Masquerade	
Hope	Fragile	Cool	Refreshing	Touching	
Morose	Divine	Massacred	Filling	Demented	
Great	Difficult	Sorrowful	Synthetic	Hit the spot	
Excellent	Amazing	Explosive	Seductive	Mindnumbing	
Awesome	Lively	Relaxing	Spellbinding	Helpful	
Crude	Cryptically	Exuberant	Beautiful	Dire	
Glorious	Foot-stompin'	Caffeinated	Desperate	Flash	
Meandering	Macho	Raw	Far out	Liberating	
Stylish	Unmeaningful	Lame	Stellar	Gnarly	
Preoccupative	Limp	Futuristic	Psyched	Trendy	
Rambunctious	Combustible	Sweet	Self-reflection	Sincere	
Electrifying	Promising	Magical	Simple	Clairvoyant	
Mesmerizing	Pitiful	Musical	Epic	Sophisticated	
Wisdomful	Optimistic	Salvation	Glorious	Untrue	

