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# Fix You

— Themes from Adolescent Mental —  
Health Music Therapy

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# ADOLESCENT MENTAL HEALTH

“Music appears to have its  
strongest relevance in  
adolescence”

Laiho (2004, p.48)

# WHAT IS MUSIC THERAPY?

... the use of music within a therapeutic relationship between a client and a trained and accredited music therapist. Music is used to work towards non-musical or musical aims of many qualities. Music is the means and the end of the desired change, be it physical, emotional, spiritual or psychosocial.



<http://www.moodmedia.com/images/solutions/music.png>

## WHAT IS MUSIC THERAPY?

### LISTENING

Examples:

- Listening to client's preferred music
- Discuss new music, aesthetically
- Discuss the lyrics of a song and their meaning
- Modified Guided Imagery with Music (GIM)

# Music Therapy in Mental Healthcare



## WHAT IS MUSIC THERAPY?

### PLAYING

Examples:

- Clinical improvisation
- Singing pre-composed songs
- Jamming/Grooving

<http://static1.1.sqspcdn.com/static/f/474004/5078577/1260921629270/drum+circle.jpg?token=cBSgy1JVeE4ZJT3Z87T9rlvEPXA%3D>

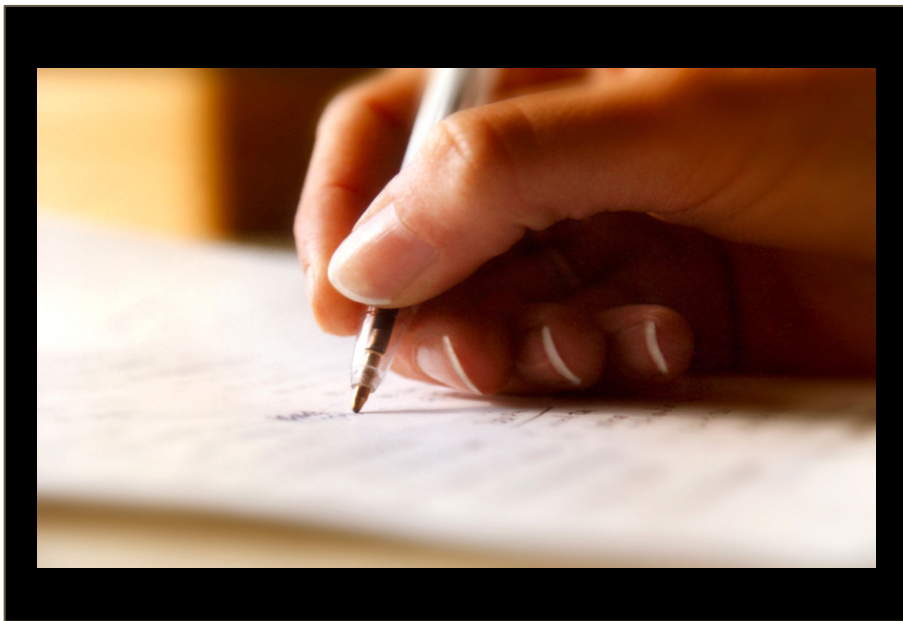
Aimee Berends, MMT, MTA, MT-BC  
(2016)

## WHAT IS MUSIC THERAPY?

### WRITING

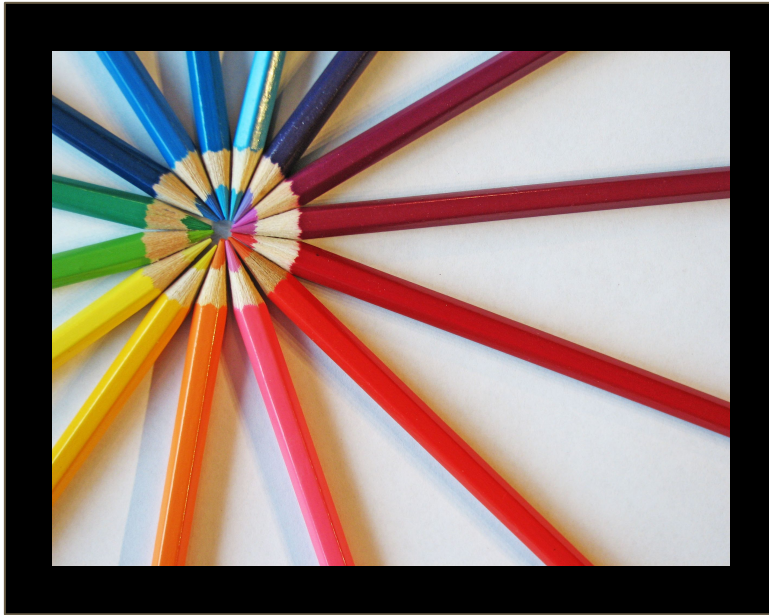
Examples:

- Writing a song together using client's lyrics
- Listening to client's songs
- Group songwriting



<http://www.profkrig.com/wp-content/uploads/2010/03/writing-center.jpg>

## WHAT IS MUSIC THERAPY?



[http://www.urban-wellness.ca/wp-content/uploads/2014/11/art\\_therapy.jpg](http://www.urban-wellness.ca/wp-content/uploads/2014/11/art_therapy.jpg)

### ART & OTHER

Examples:

- Sketching abstract or concrete images after a clinical improvisation
- Storytelling with improvised musical accompaniment
- Witnessing a client's photography portfolio



<http://static1.squarespace.com/static/532180f0e4b0410adbe0a07e/t/533a7220e4b023798e4b661e/1396339232507/>

## WHAT IS MUSIC THERAPY?

### TALKING

Examples:

- Discussing the value of creative outlet in the client's life
- Brainstorming healthy coping strategies
- Talking through what the client thinks and feels about having accomplished a music therapy goal



“Verbalizations are fundamental,  
not so much to gain access to  
the conflict or the trauma  
but rather to work through the conflict”

(De Backer & Van Camp,  
Clinical Applications of Music Therapy in Psychiatry, 1999, p.17)

# ADOLESCENT MENTAL HEALTH

Inpatients tend to:

- Be overwhelmed with the impact of recent crisis
- Seem disengaged or distracted in group settings
- Need emotional grounding and need to be heard

Outpatients tend to:

- Feel different than others, hyper-aware of stereotypes
- Be seeking a community of support
- Need practical everyday help and need a sense of accomplishment

## Fix You

When you try your best, but you don't succeed  
When you get what you want, but not what you need  
When you feel so tired, but you can't sleep  
Stuck in reverse

And the tears come streaming down your face  
When you lose something you can't replace  
When you love someone, but it goes to waste  
Could it be worse?

Lights will guide you home  
And ignite your bones  
And I will try to fix you

And high up above or down below  
When you're too in love to let it go  
But if you never try you'll never know  
Just what you're worth

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# Story No. 1

## Meeting Expectations

- Of self
- Of adults (parents, teachers, etc)

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## Story No. 2

# Everyday Healthy Living

Aimee Berends, MMT, MTA, MT-BC (2016)

## Story No. 2

**Wake me up when it's all over  
When I'm wiser and I'm older  
All this time I was finding myself and I  
Didn't know I was lost**

**(Wake Me Up by Avicii)**

Aimee Berends, MMT, MTA, MT-BC (2016)



## Story No. 2

# Everyday Healthy Living

- Sleep, eating, exercise

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## Story No. 3

# Relating to Others

- To peers, family, authority figures
  - Emotions are important

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## Story No. 4

# Searching for Meaning

- Reasons “why” in client’s life
  - Reasons “why” in the world
    - Faith, hope

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## Story No. 5

# Affirming Self-Worth

- Need for community, belonging
- Need for personal acceptance

Lights will guide you home  
And ignite your bones  
And I will try to fix you

Tears stream down your face

When you lose something you cannot replace

Tears stream down your face and I

Tears stream down your face

I promise you I will learn from my mistakes

Tears stream down your face and I

Lights will guide you home  
And ignite your bones  
And I will try to fix you



## Story No. 6

# Growing Independence

- Tension of limited autonomy
- Family conflicts are common

## Summary of Themes

- Meeting Expectations
- Everyday Healthy Living
- Relating to Others
- Searching for Meaning
- Affirming Self-Worth
- Growing Independence

It takes creativity to be well.

- Unknown

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