

The background of the slide is a complex, abstract pattern. It features a dense network of thin, golden-brown lines that resemble veins or a web. These lines are set against a vibrant blue background, which is further embellished with irregular, organic shapes in shades of purple and magenta. The overall effect is one of intricate, organic complexity.

SOCIAL WORK, TRAUMA, & THE ARTS



DR. MEAGAN
CORRADO



CLASS 6: MUSIC

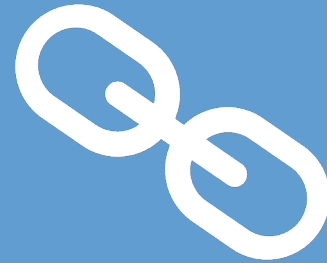
SOCIAL WORK, TRAUMA, & THE ARTS

COURSE DASHBOARD

VIRTUAL ASYNCHRONOUS CONTENT



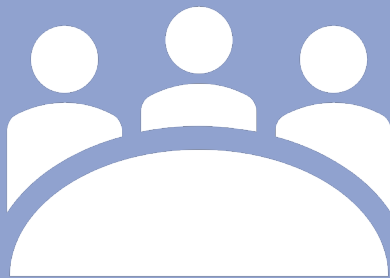
WEB LINKS



COURSE READING



"LIVE" VIRTUAL CLASS SESSIONS



WRITTEN ASSIGNMENTS



STUDENT PROPOSALS



Social Work, Trauma, & The Arts

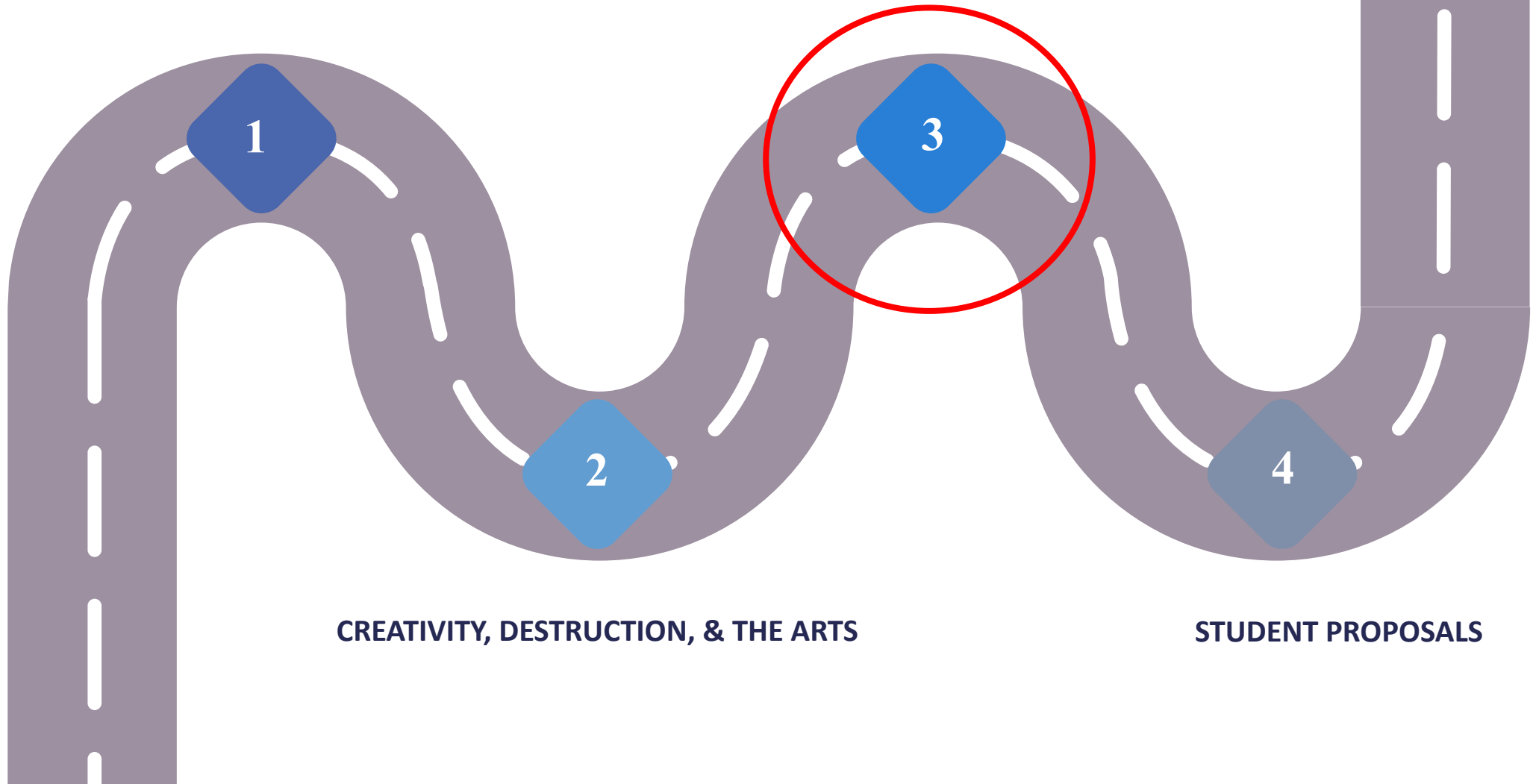
Course Roadmap

INTRODUCTION TO TRAUMA

EXPLORATION OF CREATIVE
ARTS APPROACHES

CREATIVITY, DESTRUCTION, & THE ARTS

STUDENT PROPOSALS



AGENDA

- Music and sound
- Therapeutic uses of music
- The social worker's approach
- Music therapy



MUSIC AND SOUND

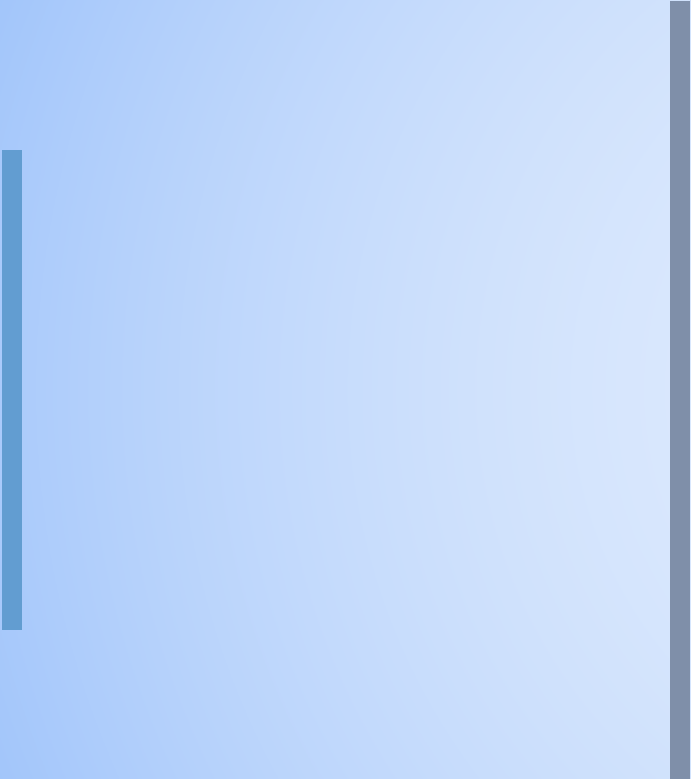
MUSIC AND SOUND

Katsh & Merle-Fishman (1985) comment, “As a pulsation of splitting cells within your mother’s body, you are already introduced to the most fundamental and universal aspect of music: rhythm.”

Even as infants, the “music of others’ voices”—pitch, timbre, rhythm, and tempo—enable them to differentiate one individual from another (Katsh & Merle-Fishman, 1985).

MUSIC AND SOUND

- Katsh and Merle-Fishman (1985), authors of *The Music Within You*, write, “No person can live in isolation from others. Sound is an all-important medium for breaking through one’s shell to make contact with people. From birth to death the individual screams, gasps, rattles, and calls in order to let others know where he is and what he is doing.”

Two vertical lines are positioned to the left of the text. The first line is a thin teal line. The second line is a thicker grey line.

THE SOCIAL WORKER'S APPROACH

THERAPEUTIC USES OF MUSIC

- Social workers can use music to assist clients/communities in processing feelings and experiences
- Music-based interventions can include:
 - Identification of songs that connect to your client's traumatic experiences
 - Identification of songs that speak to your client's strengths and sources of resilience
 - Use of music to help clients self-soothe and cope with stressors
 - Creation of original music to express emotions and process experiences

THINGS TO REMEMBER

- Maintain an attitude of openness and curiosity even if the music that is chosen/created is confusing, jarring, disorganized, or graphic.
- Sometimes meeting the client where they are means meeting them in a place of fragmentation, confusion, and disconnection.
- Music does not have to sound pretty in order for it to be therapeutic.
- Your response to your client's music impacts their willingness to openly share. Your demeanor and attitude matters.
- Don't be so eager to identify connections between the music your clients choose/create and their real life experiences that you rob them of the opportunity to make their own discoveries.

CONSIDER THE FOLLOWING:

What genres of music does your client connect with? How are these genres similar or different from your own preferred genres of music?

How can you maintain an attitude of openness even if the music your client chooses or creates has offensive language, graphic detail, or content that contradicts your personal moral beliefs?

Are certain styles of music or specific songs triggering for your client?

How can you maintain awareness of your own emotions as you use music in sessions?



MUSIC THERAPY

MUSIC THERAPY

- The American Music Therapy Association defines music therapy as “the clinical and 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 be designed to:
 - Promote Wellness
 - Manage Stress
 - Alleviate Pain
 - Express Feelings
 - Enhance Memory
 - Improve Communication
 - Promote Physical Rehabilitation

<https://www.musictherapy.org>

MUSIC THERAPY

- Music therapists must complete educational requirements and successfully complete an exam for board certification
- Music therapists are expected to uphold standards of clinical practice and exhibit professional competencies
- Music therapists ascribe to a code of ethics
- They provide services to clients experiencing a wide range of challenges in many different systems and settings

<https://www.musictherapy.org/about/requirements/>