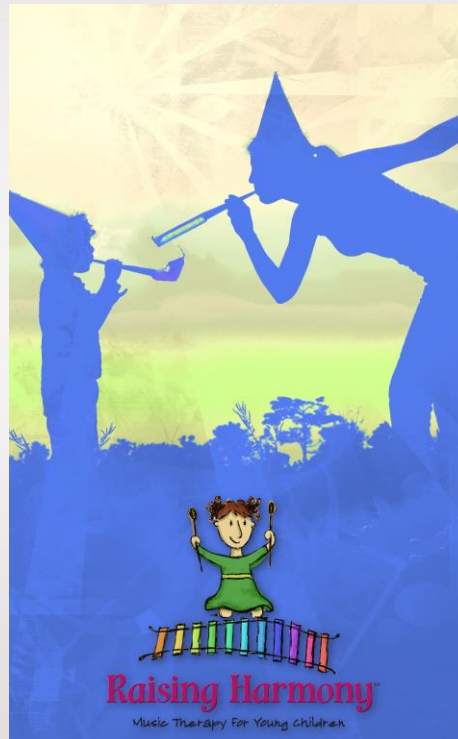


The Music is Enough

Stepping Up Your Interventions and Repertoire for Children



Meredith R. Pizzi, MPH, MT-BC
Elizabeth K. Schwartz, MA, LCAT, MT-BC

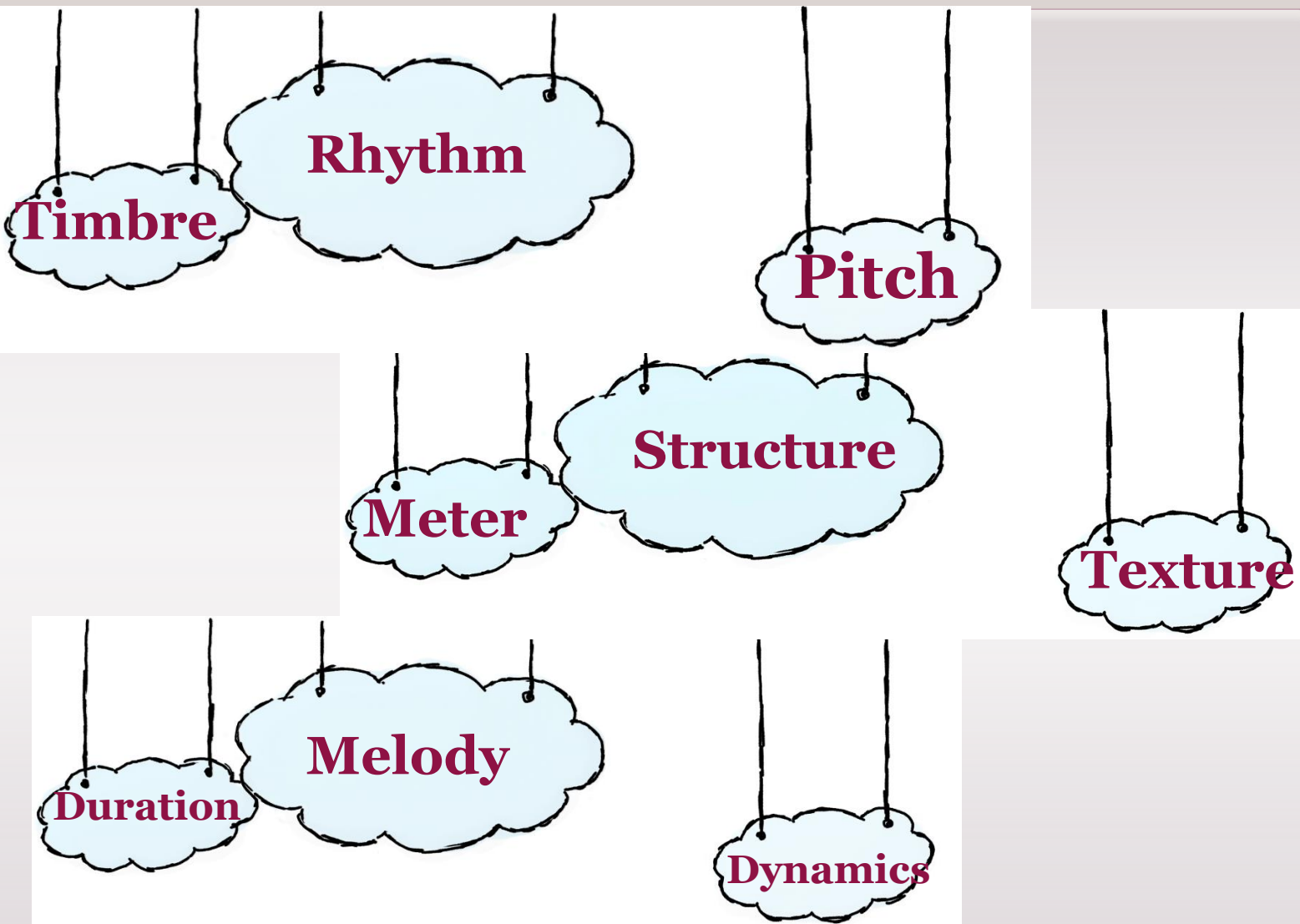
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CBMT Board Certification Domains II A 5

To achieve therapeutic goals

- a) apply the elements of music (e.g., tempo, pitch, timbre, melody, harmony, rhythm, meter, dynamics).
- q) integrate movement with music.
- u) provide guidance to caregivers and staff to sustain and support the client's therapeutic progress.
- x) share musical experience and expression with clients.
- z) use creativity and flexibility in meeting client's changing needs.





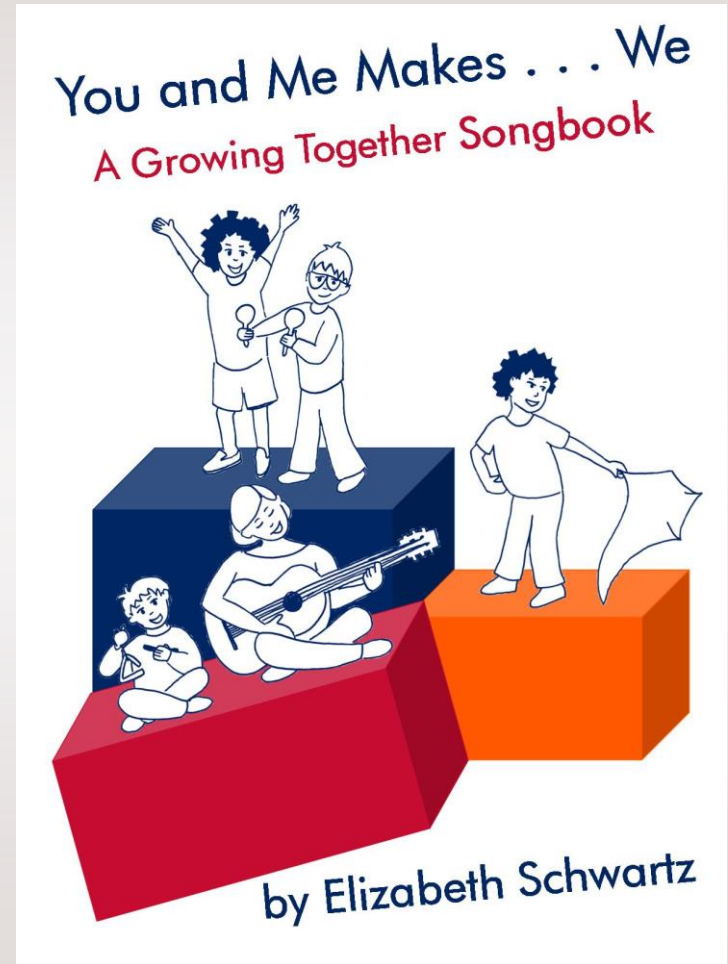
Elements of Music

Music Centered Thinking

- **“...mechanisms of music therapy process are located in the forces, experiences, processes, and structures of music.”**
- Aigen, K. (2014). Music-centered dimensions of nordoff-robbins music therapy. *Music Therapy Perspectives*, 32(1), 18-29.

Functions of Songs

- Gathering
- Embedded
- Bonding
- Transitions
- Instruments
- Movement
- Me
- My World



Therapeutic Function of Music

32

Music Therapy Perspectives (2015), Vol. 33

Appendix A

Therapeutic Function of Music Plan Worksheet

Problem Statement: goal or focused direction of change; rationale

	Theoretical Framework: (WHY it is necessary). Describes why the music element will be able to address the problem; informed by the researcher/clinician expertise, client population and/ or diagnosis, and the music & non-music basic science.	Purpose of musical element: (WHAT it will do) Rationale for the value or usefulness of the musical element to support the goal based on the theoretical framework.	Explicit description of the musical element: (HOW it will be arranged) Describes the structure of the musical element (e.g. form, shape, amount, quantity, to what extent/ degree)
Musical Element: Operational definition of the musical element			

Timbre

Rhythm

Tempo

Pitch

Melody

Dynamics

Lyrics

Form

Harmony

Style

- Hanson-Abromeit, D. (2015). A conceptual methodology to define the therapeutic function of music. *Music Therapy Perspectives*, 33(1), 25-38.

Key Components

Pattern



Pattern

- Rhythmic
- Melodic
- Structural
- Temporal

Flow



Flow

- Tempo
- Dynamics
- Meter
- Articulation

Drive



Drive

- Harmony
- Scales and idioms
- Articulation

Context



Context

- Texture
- Silence
- Harmony
- Structure

Variants



Variants

- Pitch
- Melody
- Tempo
- Dynamics
- Rhythm
- Structure
- Timbre

Music Interventions Happen When...

Clients -

- Attend
- Anticipate
- Plan
- Act
- Release



Attend

For the client to attend...

Create

- Breath
- Postural shift
- Facial expression
- Single pitch
- Beat paradigm

Anticipate

For the client to anticipate...

Create

- Tempo introduction
- Gestural introduction
- Melodic introduction
- Rhythmic introduction
- Harmonic introduction

Plan

For the client to plan....

Create

- Temporal structure
- Gestural structure
- Melodic structure
- Rhythmic structure
- Harmonic structure

Act

For the client to act....

Create opportunity for

- Singing
- Movement
- Playing
- Listening
- Thinking
- Being

Release

For the client to release....

Create

- Melodic signal
- Movement signal
- Harmonic signal
- Rhythmic signal
- Tempo signal



- ✓ Music brings people together in a common activity and helps them gather. This kind of music generally has a vigorous rhythm, strong meter and clear structure.
- ✓ Hear how I emphasize the first beat of each measure? This creates momentum across time and helps your child to organize.
- ✓ Internalizing a steady beat affects our ability to walk, to talk, to read, to write, and move around in any environment.
- ✓ Anticipation is a great tool in music and songs that really creates increased brain activity.
- ✓ This song shows how you can use your voice at home to bring the energy level down.



Music Therapy For Young Children

Contact Us!

- **Meredith @RaisingHarmony.com**
- **Elizabeth@RaisingHarmony.com**

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