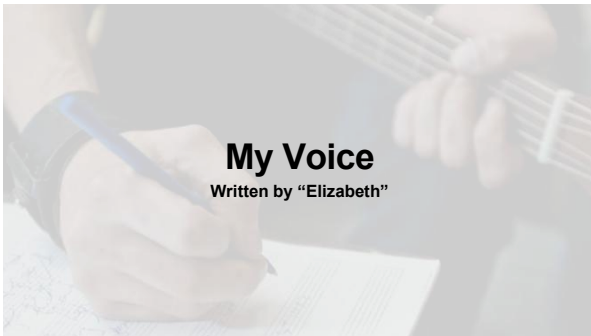
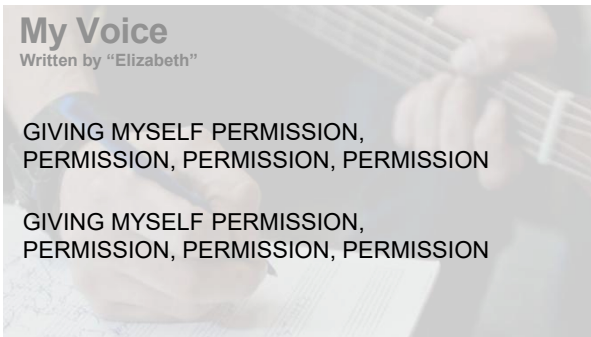


1



2



3

My Voice

Written by "Elizabeth"

TO HEAR MY VOICE, AS GOOD AS YOU, TO
HEAR MYSELF, TOO

4

My Voice

Written by "Elizabeth"

GIVING MYSELF PERMISSION TO SHARE
THINGS BOTH GOOD AND BAD.
I WANT TO LEARN TO SPEAK OF THE GOOD
THINGS THAT I SEE.

5

My Voice

Written by "Elizabeth"

POSITIVE, UPLIFTING THINGS, LIKE A
BUTTERFLY OR A TREE.
LIKE THE SUN SHINING ON ME.

6

My Voice

Written by "Elizabeth"

GIVING MYSELF PERMISSION,
PERMISSION, PERMISSION, PERMISSION

GIVING MYSELF PERMISSION,
PERMISSION, PERMISSION, PERMISSION

7

My Voice

Written by "Elizabeth"

TO HEAR MY VOICE, AS GOOD AS YOU, TO
HEAR MYSELF, TOO

8

My Voice

Written by "Elizabeth"

MY VOICE, QUIET AT FIRST THEN LOUDER
AND LOUDER
WE ALL HEAR NEW STRENGTH, COMING
FORTH FROM DEEP INSIDE

9

My Voice

Written by "Elizabeth"

POSITIVE, UPLIFTING THINGS CONFIDENCE
IN SPEAKING OUT
REFLECTING A SOUL THAT HAS GROWN,
LIKE A TALL MAJESTIC TREE

10

My Voice

Written by "Elizabeth"

GIVING MYSELF PERMISSION,
PERMISSION, PERMISSION, PERMISSION

GIVING MYSELF PERMISSION,
PERMISSION, PERMISSION, PERMISSION

11

My Voice

Written by "Elizabeth"

TO HEAR MY VOICE, AS GOOD AS YOU, TO
HEAR MYSELF, TOO

12



Music has no survival benefit but is part of all cultures, past and present.

13

Music has been called:
"universal language"
"the greatest good that mortals know"



14



Has been known to
"solace the sick and weary" and is credited with "helping people express their emotions".

15

Music is a non-invasive, relatable, and powerful tool, supported by science to:

- alter neurobiology
- influence the "reward system"
- and explore emotional states without substances.

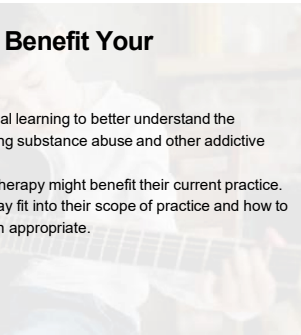


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Could Music Therapy Benefit Your Practice?

Our Objectives for this Breakout

- Participants will engage in experiential learning to better understand the application of music therapy in treating substance abuse and other addictive behaviors.
- Participants understand how music therapy might benefit their current practice.
- Participants recognize how music may fit into their scope of practice and how to locate a trained music therapist when appropriate.



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About Us

Over 15 Years of Experience

Morgan L. Robertson, MT-BC
 BSoF from Indiana University Jacobs School of Music in Voice and Theater (2000)
 Bachelor's Equivalency in Music Therapy from Drury University in 2011
 Miss Morgan Music, LLC (Private Practice since 2011)
 Adolescent Substance Abuse Group: 8 years
 Juvenile Justice Program: 10 years
 Adult Mental Health (Unhoused, Recovery, Veterans, Trauma): 8 years



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About Us

Over 10 Years of Experience

Taylor J. Corcoran, MT-BC,
(NMT™)

Bachelor's in MT, Minor Psych
(2016)

Additional training in Neurologic
Music Therapy® (NMT™)

Adult Mental Health (1.5y)

Private Practice, Including Mental
Health (5.5y)



19

Music Therapy

What is it?

How can it benefit others?



20

What is Music Therapy (MT)?

- "Music Therapy is 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." (American Music Therapy Association)
- Working on **FUNCTIONAL** goals not musical goals
- Music is the "tool" (motivating BUT more importantly, the "agent" of change)

21

Benefits of the Use of Music in Mental Health - simplify

Music Is:

- A non-invasive tool that affects one's neurobiology
- A way to explore and alter emotional states without the use of substances
- Activates "reward pathways" in the brain, making music *itself* a rewarding stimulus that could promote adherence to treatment.
- Can increase oxytocin and can be a means of building trust within the interdisciplinary system.
- "Relatable" and "accessible", making MT appear "safe", approachable, relevant, or risk-free.

22

**What IS MT vs
What IS NOT MT**



23

Back to the Definition

- Use of "**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." (American Music Therapy Association)

24

Examples

NON MT example

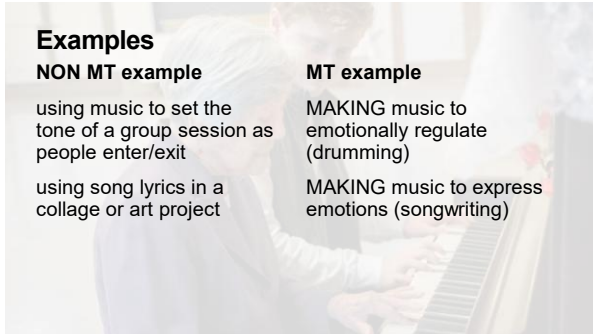
using music to set the tone of a group session as people enter/exit

using song lyrics in a collage or art project

MT example

MAKING music to emotionally regulate (drumming)

MAKING music to express emotions (songwriting)



25

**Experiences
And Examples by Domain**

- Cognition/Cognitive
- Restructuring
- Self-Awareness/Reflection
- Coping Skills
- Social Skills
- Relaxation/Mood Vectoring



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“Warm-Ups”

“Match Game” (inhibition control)

“ABCs for Distraction” (practice a coping skill)

27

Discussion-Based

Song Discussion (various goal areas)

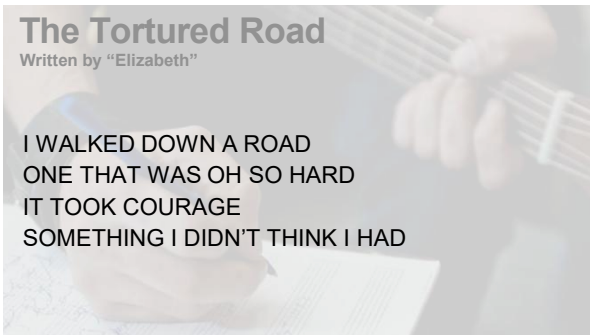
1:1 Songwriting (emotional expression, organization, planning)

Group Songwriting (same goals as above, but more social and general)

28



29



30

The Tortured Road

Written by "Elizabeth"

THE TORTURED ROAD I WALKED DOWN
THAT TORTURED ROAD I WAS TAKEN DOWN

31

The Tortured Road

Written by "Elizabeth"

SCARY AS IT WAS
I ALLOWED MYSELF TO BE MAD
I LOOKED UNDERNEATH AND
REALIZED I WAS SAD
GRIEVING FOR THINGS I NEVER HAD

32

The Tortured Road

Written by "Elizabeth"

THE TORTURED ROAD I WALKED DOWN
THAT TORTURED ROAD I WAS TAKEN DOWN

33

The Tortured Road

Written by "Elizabeth"

BUT NOW I CAN SHOUT
LOOK AT ME
WHAT DO YOU SEE

34

The Tortured Road

Written by "Elizabeth"

I'M WALKING DOWN A BETTER ROAD
ONE FILLED WITH QUESTIONS AND
WONDER
LITTLE BY LITTLE, HARD AS IT MAY BE
I AM FINDING...ME

35

The Tortured Road

Written by "Elizabeth"

THE TORTURED ROAD I WALKED DOWN
THAT TORTURED ROAD I WAS TAKEN DOWN

36

The Tortured Road
 Written by "Elizabeth"

THAT TORTURED ROAD PUSHED ME DOWN
 THAT TORTURED ROAD WHERE I WAS FOUND

37

The Tortured Road
 Written by "Elizabeth"

THIS TORTURED ROAD
 WILL NOT KEEP ME DOWN

38

Experiential With Instruments

- Emotional Expression/Continuum (identify and express emotions)
- Instrumental Role Play (social skills, express emotions, decision making)
- "Pass The Instruments" (coping with change, injustice, leadership)
- Group Active Music Making [chimes] (collaboration, cognition)
- Teaching Music Skills (positive coping skills)

39

Drumming

Communication Drumming

Experiential Drumming (attention shift, initiation, connection, listening/validation)

Improvisational Drumming (emotional expression)

40

Relaxation and Mood Vectoring

Music-Guided PMR & Deep Breathing

Mindfulness

41

Additional Benefits of Working with an MT-BC

- MT-BCs can provide a vast number of experiences with little or much music equipment (ex. Drums)
 - Music can be applied in a variety of ways
- MT-BCs are usually flexible and highly creative
 - A great trait in facilities with many regulations



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**Group MT Session
vs
Individual MT
Session**



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**How Can You Use
Music in Your
Practice?**

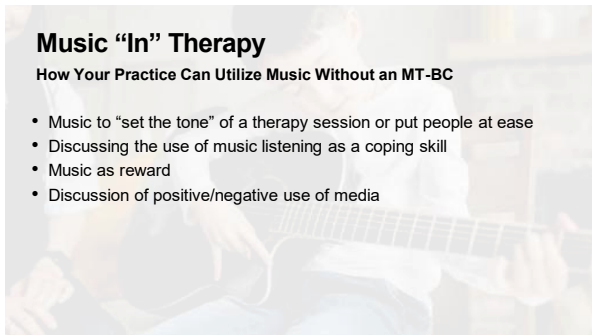


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Music “In” Therapy

How Your Practice Can Utilize Music Without an MT-BC

- Music to “set the tone” of a therapy session or put people at ease
- Discussing the use of music listening as a coping skill
- Music as reward
- Discussion of positive/negative use of media



45

The Advantage of Working with a Music Therapist



46

Music “AS” Therapy

How A Music Therapist Could Benefit Your Practice

- Provide live music experiences that can adapt in the moment
- A strength to the multidisciplinary team
- Provide multi-sensory experience utilizing a variety of instruments
- Vast knowledge of music and how it impacts the whole person (and contraindications)
- Benefits to specialized services
- Adapt music experiences to mirror client progress across program (12-step, SMART, ARG, harm reduction)

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How To Find a MT-BC



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Looking for a MT-BC?

- Search for local music therapy companies. Many companies may offer contracted music therapy work.
- Go to cbmt.org and search for a therapist in your area or anywhere around the world.

CERTIFICATION DIRECTORY

Search the Directory
MT-BCs have the option to opt out of being included in this directory. Contact info@cbmt.org if unable to locate a therapist.

First Name Last Name

City State/Province Country

Alabama	all	United States of America
Mississippi	Canada	
Montana	India	
Nebraska	Afghanistan	
North Carolina	Angola	

Zip/Postal Code Distance

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Questions?

50

Music and Neuroscience Resources

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MT in Mental Health Research Reviews

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- Hohmann, L., Bradt, J., Stegemann, T., Koelsch, S. (2017) Effects of music therapy and music-based interventions in the treatment of substance use disorders: A systematic review. PLoS ONE, 12(11). <https://doi.org/10.1371/journal.pone.0187363>
