

Trauma-Informed Music Therapy

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In Harmony
THERAPEUTIC SERVICES

Music Therapy is . . .

Music Therapy is the clinical & 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 (AMTA, 2023).



Music Therapy and Mental Health

- The specialized use of music to restore, maintain, and improve cognitive, emotional, social, communicative, and physiological functioning (AMTA, 2015).
- The use of goal-directed music interventions focused on symptom management, fostering relationships with peers and therapists, and providing psychosocial support and education to augment hope, meaning, purpose, and recovery (Carr, Odell-Miller, & Priebe, 2013; Silverman, 2015).

Purpose of Music Therapy With Mental Health

- Improve depressive symptoms, decrease anxiety, and improve functioning for people with a variety of mental health conditions (Aalbers et al., 2017; Hohmann, Bradt, Stegemann, & Koelsch, 2017; Geretsegger et al., 2017)
- Improve emotional expression, group interaction, development of skills, and quality of life for people with substance use conditions (Hohmann, et al., 2017)
- Improve therapeutic alliance, treatment eagerness, coping skills, locus of control, change readiness, and craving in adults with substance use conditions (Silverman, 2015)
- Address loneliness, grief, loss, and stigma that persist despite treatment (Jackson, 2015).

Music Therapy Clinical Process

01. Assessment

03. Implementation

02. Treatment
Planning

04. Evaluation

Effectiveness Research

- When added to standard care, music therapy can improve the global state, mental state, social functioning, and quality of life of people with schizophrenia or schizophrenia-like disorders (Geretsegger et al., 2017).
- Music therapy can decrease anxiety and improve depressive symptoms and functioning of people with depression compared to treatment as usual (Aalbers et al., 2017).
- Music therapy can result in beneficial outcomes on emotion, motivation, participation, locus of control, and perceived helpfulness for adults with substance use disorders (Hohmann et al., 2017)
- Music therapy has a strong positive effect in enhancing contemplation, treatment readiness, motivation, and cravings in addiction treatment (Megranahan & Lyskey, 2017).
- Single music therapy sessions can be as effective as single verbal therapy sessions for various psychological outcomes with higher music therapy scores for comfort, therapist-rated working alliance, and change readiness for adults with substance use conditions (Hohmann et al., 2017)



About In Harmony Therapeutic Services






Mission

In Harmony Therapeutic Services will provide and advocate for high-quality music therapy services for all in need.

Vision

In Harmony Therapeutic Services sees a world in which music therapy is accessible for all, services are of the highest quality, and the field is healthy and thriving.



Values

These are the pillars on which In Harmony Therapeutic Services is built. These statements affirm our values and commitments as an organization to our colleagues, our clients, and our community

- Music therapy services should be accessible.
- Music therapy services should be equitable.
- We utilize a trauma-informed approach within our clinical practice, organizational structure, and work in our community.
- We will advance the music therapy profession through reimagined education of future music therapists.
- We will advance the music therapy profession through advocacy.
- We commit to anti-oppressive practices, policies, procedures, attitudes, and actions and to the dismantling of all intersectional biases and injustices both within the organization and in the work we provide to the community.

Trauma-Informed Music Therapy Goals

Substance Abuse and Mental Health Services Administration, 2014.

Safety

Promote a felt sense of safety and support.

Collaboration & Mutuality

Promote partnership and shared power.

Trustworthiness

Facilitate trust through open communication, honesty, accountability and predictability.

Empowerment, Voice & Choice

Facilitate person-centered experiences in which individuals are seen, heard, believed, and respected.

Peer Support

Cultivate community.

Cultural, Historical & Gender Issues

Incorporate anti-oppressive practices in all areas of the organization.

Trauma-Informed Music Therapy Examples

Substance Abuse and Mental Health Services Administration, 2014.

Safety

Music Experiences based on norms and rituals (i.e. opening songs etc.).

Collaboration & Mutuality

Shared session plan design.

Trustworthiness

Mutually agreed upon expectations. Consistent session structure.

Empowerment, Voice & Choice

Use of client-preferred music.

Peer Support

Group-centered music interventions (i.e. group songwriting).

Cultural, Historical & Gender Issues

Incorporate anti-oppressive practices in all areas of the organization.

More Information



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**Thank
You!**

