Good Grief: Music Therapy in the Grief Support Group
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Presented at the Seventh National Alzheimer’s Disease Education Conference

Definition of Music Therapy as Applied to the Process of Mourning

The application and controlled use of music as directed or supervised by a board-certified music therapist (MT-BC) in a non-threatening therapeutic environment for the following reasons:

1. To provide opportunities for the client or caregiver to express thoughts and feelings.
2. To enable the client or caregiver to develop a greater understanding of self.
3. To help facilitate the client’s or caregiver’s adjustment to loss.

Rationale

1. Music is an innate human behavior. Individuals create music and react to it within their own cultures, life experiences, beliefs, thoughts and emotions. Therefore, each individual is the expert. Each individual helps guide and direct the musical experience. Music honors the individual and provides choices at a variety of participatory levels. The individual and the individual’s choices are regarded as important and real.
2. Music provides a non-threatening atmosphere in which individuals may share thoughts and emotions.
3. Music can be provocative and, when, appropriate, may help individuals to reveal thoughts and repressed emotions so that they may be dealt with openly and honestly.
4. Music can trigger memories of events or feelings experienced by the individual or family. It can help stimulate reminiscence, which, in turn, may help facilitate and renew meaningful interactions among family members and the individual.
5. Music can help create special bonds and relationships between individuals (ie. the music therapist, family members, other staff, etc.) that span generations.
6. Music can serve as a focusing device or diversion, assisting individuals when coping with pain or anxiety.
7. Music may help with sleeping patterns, medication reduction and pain management.
8. Grieving is a difficult process, and music can enable individuals to experience “creative grief” in a healthy, socially acceptable manner. Music is a creative modality in which individuals do not even need to be physically active or verbal in order to understand or express themselves.
9. Overall, music can enhance and celebrate life while still allowing individuals to acknowledge, fully experience and then resolve loss.
The Six “R” Processes of Mourning
Music Therapy Interventions: Jennifer Hicks, MT-BC

During each session, clients will complete the Reflection page, as well as one or more of the Music Therapy Interventions listed below.

1. **RECOGNIZE the loss**
   - I have been able to acknowledge and understand the loss.
     - MT Interventions:
       - **Tear Soup** by Pat Schwiebert & Chuck DeKlyen (create own pot of “Tear Soup”)
       - Lyric Analysis: “Your Long Journey” by Robert Plant & Alison Krauss (create road with journey to group)
       - Lyric Analysis: “Shattered” by Linda Ronstadt (write on puzzle pieces)

2. **REACT to the separation**
   - I have been able to experience the pain; feel, identify, accept and give some form of expression to all the psychological reactions to the loss; and identify and mourn secondary losses.
     - MT Interventions:
       - Song Writing: Blues with prompts if needed (moving from negative to positive emotions)
       - Lyric Analysis: “Lean On Me” by Bill Withers (list of friends/resources to “lean on”)

3. **RECOLLECT and REEXPERIENCE the lost relationship**
   - I have been able to review and remember realistically and revive and re-experience the old feelings.
     - MT Interventions:
       - Lyric Analysis: “Remember Me” by Deanna Edwards (create rainbow or tear drop or ??? with memories)
       - Song Writing: “Remember Me” by Deanna Edwards (fill-in-the-blanks)
       - Lyric Analysis: “For Good” from the musical *Wicked* (create tree with how we’ve “grown”)

4. **RELINQUISH**
   - I have been able to relinquish the old attachments to the lost relationship and the old assumptive world.
     - MT Interventions:

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5. **READJUST** to move adaptively into the new world without forgetting the old
   ♦ I have been able to revise the assumptive world, develop a new relationship with the lost one, adopt new ways of being in the world and form a new identity.
     ➢ MT Interventions:
       o Lyric Analysis: “Remember Your Chains” by Steven Curtis Chapman (create paper chains)
       o Lyric Analysis: “Let Your Loss Be Your Lesson” by Robert Plant & Alison Krauss (journal – lessons)

6. **REINVEST**
   ♦ I have been able to find new appropriate and rewarding investments in life.
     ➢ MT Interventions:
       o Lyric Analysis: “That’s Enough” by Deanna Edwards (journal – review list of friends/resources – is it enough?)
       o Lyric Analysis: “How Can I Keep From Singing?” by Enya (complete question)
       o Lyric Analysis: “With My Own Two Hands” by Jack Johnson (create hand with what they contribute then join together)
       o Lyric Analysis: “World” by Five for Fighting (create package full of Wishes for self and others)
       o Lyric Analysis: “Grateful” by David Campbell (create gratitude journal)
Reflection

<table>
<thead>
<tr>
<th></th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Recognize</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>React</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Recollect &amp; Re-experience</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Relinquish</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Readjust</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Reinvest</td>
<td></td>
</tr>
</tbody>
</table>

Which of the R’s are you dealing with today?

On which of the R’s did this session help you focus?

Did this session help you focus on the issues you were struggling with most recently? How? Which ones?

Did the session provide any insights? If so, what?

Which R would you like to focus on in the future?

Any other reflections you would like to share?
Tear Soup

by Pat Schwiebert & Chuck DeKlyen
Your Long Journey
by Robert Plant & Alison Krauss
(“Raising Sand”)

God’s given us years of happiness here
Now we must part
And as the angels come and call for you
The pains of grief tug at my heart
Oh, my darling...my darling...
My heart breaks as you take your long journey

Oh, the days will be empty
The nights so long without you, my love
And when God calls for you, I’m left alone
But we will meet in heaven above
Oh, my darling...my darling...
My heart breaks as you take your long journey

Fond memories I’ll keep of happy ways
That on earth we trod
And when I come we will walk hand in hand
As one in heaven in the family of God
Oh, my darling...my darling...
My heart breaks as you take your long journey
Shattered

by Linda Ronstadt
(“Cry Like a Rainstorm, Howl Like the Wind”)

Shattered, like a windowpane
broken by the storm.

Each tiny piece of me lies alone.

And scattered, far beyond repair.

All my shiny dreams just lying there.

I’m broken but I’m laughin’.

It’s the sound of falling glass.

I hope that you won’t mind if I should cry in public
while I wait for this to pass.

‘Cause sweet darlin’, I’m shattered
into fragments cold and grey.

Sweep the pieces all away
Then no one will ever know how much it matters.

‘Cause something deep inside of me is...shattered.
The Blues

When faced with a loss, I ______________________________.

__________________________________________________________________________.

__________________________________________________________________________.

If these don’t work, I ______________________________.

__________________________________________________________________________.

__________________________________________________________________________.

Now that time’s passed, I ______________________________.

__________________________________________________________________________.

__________________________________________________________________________.

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Brainstorming Space
Lean On Me
by Bill Withers

Sometimes in our lives
We all have pain
We all have sorrow
But if we are wise
We know that there's always tomorrow

Lean on me, when you're not strong
And I'll be your friend
I'll help you carry on
For it won't be long
'Til I'm gonna need
Somebody to lean on

Please swallow your pride
If I have things you need to borrow
For no one can fill those of your needs
That you won't let show

You just call on me brother, when you need a hand
We all need somebody to lean on
I just might have a problem that you'll understand
We all need somebody to lean on
Lean on me, when you're not strong
And I'll be your friend
I'll help you carry on
For it won't be long
'Til I'm gonna need
Somebody to lean on

You just call on me brother, when you need a hand
We all need somebody to lean on
I just might have a problem that you'll understand
We all need somebody to lean on

If there is a load you have to bear
That you can't carry
I'm right up the road
I'll share your load
If you just call me
Call me (if you need a friend)
Call me (call me)
Call me (if you need a friend)
Call me (if you ever need a friend)
Call me (call me)
Call me
Call me (if you need a friend)
Remember Me

by Deanna Edwards
(“Music Brings My Heart Back Home”)

Remember me whenever you see a sunrise,
Remember me whenever you see a star,
Remember me whenever you see a rainbow
Or woods in autumn colors from afar.

Remember me whenever you see the roses
Or seagulls sailing high in a sky of blue.
Remember me whenever you see waves shining in the sun,
And remember, I’ll be remembering you!

Remember me whenever you see a teardrop
Or meadows still wet with the morning dew.
Remember me whenever you feel love growing in your heart.
And remember, I’ll be remembering you!

Remember me whenever you feel love growing in your heart.
And remember, I’ll be remembering you!
Remember Me

by Deanna Edwards
(“Music Brings My Heart Back Home”)

Remember me whenever you see a ____________________

Remember me whenever you see a ____________________

Remember me whenever you see a ____________________

Remember me whenever you see a ____________________

Or ________________________________.

Remember me whenever you see ____________________

Or ________________________________.

Remember me whenever you see ____________________,

And remember, I’ll be remembering you!

Remember me whenever you see a ____________________

Or ________________________________.

Remember me whenever you feel ____________________.

And remember, I’ll be remembering you!

Remember me whenever you feel ____________________.

And remember, I’ll be remembering you!
For Good

from the musical *Wicked*

I’m limited

Just look at me – I’m limited

And just look at you

You can do all I couldn't do, Glinda

So now it's up to you

For both of us - now it's up to you...

I've heard it said

That people come into our lives for a reason

Bringing something we must learn

And we are led

To those who help us most to grow

If we let them

And we help them in return

Well, I don't know if I believe that's true

But I know I'm who I am today

Because I knew you...

Like a comet pulled from orbit

As it passes a sun

Like a stream that meets a boulder

Halfway through the wood
Who can say if I've been changed for the better?
But because I knew you
I have been changed for good

It well may be
That we may never meet again
In this lifetime
So let me say before we part
So much of me
Is made of what I learned from you
You'll be with me
Like a handprint on my heart
And now whatever way our stories end
I know you have re-written mine
By being my friend...

Like a ship blown from its mooring
By a wind off the sea
Like a seed dropped by a skybird
In a distant wood
Who can say if I've been changed for the better?
But because I knew you
Because I knew you
I have been changed for good
And just to clear the air
I ask forgiveness
For the things I've done you blame me for
But then, I guess we know
There's blame to share
And none of it seems to matter anymore

Like a comet pulled from orbit
As it passes a sun
Like a stream that meets a boulder
Halfway through the wood

Like a ship blown from its mooring
By a wind off the sea
Like a seed dropped by a bird in the wood

Who can say if I've been
Changed for the better?
I do believe I have been
Changed for the better
And because I knew you...
Because I knew you...
Because I knew you...
I have been changed for good...
Let It All Go
by Chris & Johnny
(“Miles & Means”)

These are the words, the ones to remember
when we have a heavy load:
Be as it may, an alternative way
is to let it all, let it all go.

The natural habit is to love when you have it.
You never want to be alone.
But time is a tester and only the best can learn
to let it all, let it all go.

Something has been tickin’ me, pickin’ and a-kickin’ me.
I’m bound to take a lickin’ I know.
Something in particular, what I got to say to her
is let it all, let it all go.

We take from life whatever it gives us,
but do we ever really know
what to say when it’s taken away?
We let it all, let it all go.
An infinite wisdom is there if we can listen
and out of it we can grow.
Because after the rain we’ll be entire again
if we can let it all, let it all go.

Something has been teachin’ me, speakin’ and a-preachin’ to me.
I’m bound to learn a lesson I know.
Something in a last goodbye, sailing ships and lullabies.
Let it all, let it all go.
Supposed to Be
by Jack Johnson

Maybe it’s up with the stars
Maybe it’s under the sea
Maybe it’s not very far
Maybe this is how it’s supposed to be
This is how it’s supposed to be

Maybe it’s trapped in a jar
Something we’ve already seen
Maybe it’s nowhere at all
Maybe this is how it’s supposed to be
This is how it’s supposed to be

Looking forward as we rewind
Looking back is a trap sometimes
Being here is so easy to do
If you want to...
Better Than I
by David Campbell

I thought I did what's right
I thought I had the answers
I thought I chose the surest road, but that road brought me here

So I put up a fight
And told you how to help me
Now just when I have given up, the truth is coming clear

You know better than I
You know the way
I've let go the need to know why
For you know better than I

If this has been a test
I cannot see the reason
But maybe knowing I don't know is part of getting through

I try to do what's best
And faith has made it easy
To see the best thing I can do is put my trust in you
You know better than I
You know the way
I've let go the need to know why
For you know better than I
I saw one cloud and thought it was a sky
I saw a bird and thought that I could follow
But it was you who taught that bird to fly
If I let you reach me will you teach me
For You know better than I
You know the way
I've let go the need to know why
I'll take what answers you supply
You know better than I
Remember Your Chains
by Steven Curtis Chapman ("Heaven in the Real World")

I couldn’t help but wonder what he was thinking
As he stared out the window through the sky
It seemed he was taking his last look at freedom
From the hopeless, longing look in his eyes
There were chains on this hands and chains on his feet
And as I passed him by the thought came to me

Remember your chains
Remember the prison that once held you
Before the love of God broke through
Remember the place you were without grace
When you see where you are now
Remember your chains
And remember your chains are gone

There’s no one more thankful to sit at the table
Than the one who best remembers hunger’s pain
And no heart loves greater than the one that is able
To recall the time when all it knew was shame
The wings of forgiveness can take us to heights never seen
But the wisest ones, they will never lose sight
Of where they were set free...Love set them free
So remember your chains
Remember the prison that once held you
Before the love of God broke through
Remember the place you were without grace
When you see where you are now
Remember your chains...and remember your chains are gone

And in the light of all that we’ve been forgiven of
We will find our hearts fuller and freer to give and receive God’s love

So remember your chains
Remember the prison that once held you
Before the love of God broke through
Remember the place you were without grace
When you see where you are now
Remember your chains
Oh, remember your chains
When you remember your chains...remember your chains are gone

Imagine what your life would be if Jesus had not set you free

Remember your chains are gone
Remember all that once held you before the love of God broke through
Remember your chains...and remember your chains are gone
You gotta remember your chains...and remember your chains are gone
Let Your Loss Be Your Lesson

by Robert Plant & Alison Krauss
(“Raising Sand”)

Once I had myself a good woman
But I just didn’t treat her right
I was always leaving
Living the party life

True love was waiting for me
I was much too blind to see
Till she told me she would leave me
I said that’s alright with me

Oh, but now she’s gone
I realize I lost the best thing there is
And my pride keeps telling me
Let your loss be your lesson

Heaven knows I miss her loving
Heaven knows how much I cry
Just to think that she had left me
And I know the reason why
I could tell she had been crying
That didn’t seem to bother me
‘Cause I know there’s no one blinder
Than a fool who just couldn’t see

Oh, but now she’s gone
I realize I lost the best thing there is
And my pride keeps telling me
Let your loss be your lesson
That’s Enough

by Deanna Edwards (“Listen with your Heart”)

I can’t remove your loneliness or heal your broken heart;
Can’t take away the shadows that make your night so dark,
But I can stay beside you when life is getting tough.
If we come close together, that’s enough.

I don’t have all the answers, and I don’t know what to say.
I can’t bring you the sunshine or take the rain away,
But I can always hold you when the storm is getting rough.
If we come close together, that’s enough.

I had to learn so many things and fail so many times
Before the day I finally realized
If we could take the sorrow from every loss that come along,
We’d have to take the loving out of life.

I can’t remove the dangers from a world so full of fears.
I can’t make living safer or take away your tears,
But I can always love you, with a love that you can trust,
And if we can come close together, that’s enough.
How Can I Keep From Singing?

by enya ("Shepherd Moons")

My life goes on in endless song above earth’s lamentations,
I hear the real, though far-off hymn that hails a new creation.

Through all the tumult and the strife, I hear its music ringing,
It sounds an echo in my soul. How can I keep from singing?

When tyrants tremble in their fear and hear their death knell ringing,
When friends rejoice both far and near, how can I keep from singing?

In prison cell and dungeon vile, our thoughts to them are winging,
When friends by shame are undefiled, how can I keep from singing?

How can I keep from _______________________________?
With My Own Two Hands

by Jack Johnson

I can change the world
With my own two hands
Make it a better place
With my own two hands
Make it a kinder place
With my own two hands
With my own
With my own two hands

I can make peace on earth
With my own two hands
I can clean up the earth
With my own two hands
I can reach out to you
With my own two hands
With my own
With my own two hands

I’m going to make it a brighter place
With my own two hands
I’m going to make it a safer place
With my own two hands
I’m going to help the human race
With my own two hands
With my own
With my own two hands

I can hold you
With my own two hands
I can comfort you
With my own two hands
But you’ve got to use
Use your own two hands
Use your own
Use your own two hands

With our own
With our own two hands

With my own
With my own two hands
World
by Five for Fighting

Got a package full of Wishes
A Time machine, a Magic Wand
A Globe made out of Gold

No Instructions or Commandments
Laws of Gravity or
Indecisions to uphold

Printed on the box I see
A.C.M.E.'s Build-a-World-to-be
Take a chance - Grab a piece
Help me to believe it

What kind of world do you want?
Think Anything
Let's start at the start...Build a masterpiece
Be careful what you wish for...History starts now...

Should there be people or peoples
Money, Funny pedestals for Fools who never pay
Raise your Army - Choose your Steeple
Don't be shy, the satellites can look the other way
Lose the Earthquakes - Keep the Faults
Fill the oceans without the salt
Let every Man own his own Hand
Can you dig it baby

What kind of world do you want
Think Anything
Let's start at the start...Build a masterpiece
Be careful what you wish for...History starts now...

Sunlight's on the Bridge
Sunlight's on the Way
Tomorrow's Calling ...There's more to this than Love

What Kind of world do you want
What Kind of world do you want
What Kind of world do you want
Think Anything
Let's start at the start

Build a masterpiece

History Starts Now

Be careful what you wish for...Start Now
Grateful
by David Campbell

I’ve got a roof over my head,
I’ve got a warm place to sleep.
Some nights I lie awake counting gifts instead of counting sheep.
I’ve got a heart that can hold love,
I’ve got a mind that can think.
There may be times when I lose the light and let my spirits sink.
But I can’t stay depressed...when I remember how I’m blessed.

Grateful, grateful, truly grateful I am.
Grateful, grateful, truly blessed and duly grateful.

In a city of strangers, I’ve got a family of friends.
No matter what rocks and brambles fill the way,
I know that they will stay until the end.
I feel a hand holding my hand.
It’s not a hand you can see.
But on the road to the promised land, this hand will shepherd me.
Through delight and despair, holding tight and always there.

Grateful, grateful, truly grateful I am.
Grateful, grateful, truly blessed and duly grateful.
It’s not that I don’t want a lot, or hope for more, or dream of more.

But giving thanks for what I’ve got
Makes me so much happier than keepin’ score.

In a world that can bring pain, I will still take each chance.
For I believe that whatever the terrain, our feet can learn to dance.

Whatever stone life may sling, we can moan or we can sing:

Grateful, grateful, truly grateful I am.
Grateful, grateful, truly blessed and duly grateful.

Truly blessed and duly grateful.