



# Music Therapy Methods in Mental Health: Practical Suggestions for Session Planning

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GLR 2019 CMTE C ~ Thursday, March 14, 2019 ~ 8:00-11:00am

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## My SMART Goal

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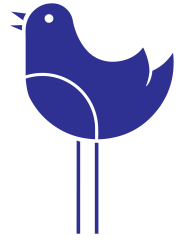
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If you have any questions or comments, please contact me.

(Special thanks to Julie Palmieri of Serenade Designs for this handout format!)

# Outline



Welcome ~ Receptive Methods Experiential  
Introductions/Hopes & Dreams/Objectives  
Brief Research Review (See References)  
Improvisational Methods & Ideas for MY Clients

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Receptive Methods & Ideas for MY Clients

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Re-Creative Methods & Ideas for MY Clients

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Compositional Methods & Ideas for MY Clients

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Combining Methods for Session Planning ~ Ideas for MY Clients

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Adaptations for MY Setting & Clients

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Setting & Sharing of Goals ~ Add SMART Goal to Front Page!

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## References

- Bruscia, K. E. (2014). *Defining music therapy* (3<sup>rd</sup> ed.). University Park, IL: Barcelona Publishers.
- Eyre, L. & Lee, J. (2015). Mixed-methods survey of professional perspectives of music therapy practice in mental health. *Music Therapy Perspectives*, 33(2), 162-181. doi: 10.1093/mtp/miv034
- National Institute of Mental Health. (2017, November). *Mental illness*. Retrieved from <https://www.nimh.nih.gov/health/statistics/mental-illness.shtml>

Space for Doodling & Notes...

