Here's what a group music therapy session for adults can look like.

1. **Check in:** Everyone is invited to share how they're doing and what's important to them in the moment.
2. **Goal setting:** We come up with an area to focus on that works for everybody. (e.g., finding hope, reducing anxiety, celebrating resilience, exchanging support.)
3. **The work:** The group is offered interventions to choose from that address the area of focus. (e.g., song writing, listen to or play familiar songs, deep breathing with live music, beat making.)
4. **Processing** The group is invited to verbally process their experience. (e.g., how they felt, how they related to the music/lyrics, how they connected to each other.)
5. **Wrap up:** The group chooses a follow up intervention or closes with a recap of what transpired and and exercise to transition from the session such as identifying what they will take from the group or self care plans.

Philadelphia Music Therapy