

## No Sing Music Therapy interventions for adults in Inpatient Psychiatric Settings

### **Improvisation using instruments only:**

Emotional exploration and expression: 1. Choose a single emotion to play as a group. 2. A group member plays an emotion and the others guess or interpret what it is. Challenging emotions are played together with the individual who first shared it leading. 3. The group moves from one emotion to the other on the therapist's signal. (lonely-supported, scared-safe, anxious-calm, angry-sad-content, stifled-empowered, frozen/stuck-free, etc.)

Empowerment: Take turns having group members lead the group either with their playing or their verbal or visual cues. They can also title the improvisation they lead before or after. Discuss who they look to for leadership, how looks to them, and what leadership styles work for them.

Exploring and developing coping skills (for substance use, depression, self harm, anger, etc.): 1. Reference triggers and related coping skills either in tandem or one after the other then go into a reference for how it feels to de-escalate. Each instrument could be the trigger or coping skill, or the group could come together to make the sound of each trigger and coping skill. 2. The group plays the role of triggers, while an individual plays staying on course with or without another group member playing the role of support. 3. Reference how it feels to be stuck in the hospital and then how it feels to be in the community. Verbally process to identify which aspects of being the community can be brought into the hospital. The group assigns a sound or an instrument to those aspects then replays the "being in the hospital" while incorporating the community aspects.

### **Mixed modalities:**

Emotional exploration/expression: 1. Play a variety of live or recorded music and invite clients to draw a different image for each one. (Thanks to my favorite art therapist Christine Byma)

Self exploration/sense of self:(from Petie DelPizzo) Improvise on Halo chords while the clients draw what they perceive they show the world. Follow with verbal processing and a song discussion of Halo with recording.

Relaxation: encourage a variety of stretches and movement to live or recording music. Consult with a movement specialist and/or have clients each share a movement.

### **Recorded Songs (to listen to a discuss):**

Self expression/exploration: 1. Each client or small groups choose a song to reflect a personality trait, a challenge they've experienced, a goal they have, various life stages or stages of recovery, a family member or important person, something they wished people understood about them, something they would like to change in themselves, the hospital, the community, the world, etc., how they feel right now. 2. Clients choose songs to reflect how they see themselves and how they perceive others see them.

Support: 1. Clients exchange songs to support each other and give well wishes. 2. Therapist gives songs of support. 2. Songs about support, challenges, and coping skills are identified, listened to, and discussed. 3. Supportive songs are played while group members write down kind words to share with each other. (they are read afterwards with permission instead of handed out for infection control). 4. Playlists of supportive songs are curated by the group.

General: choose songs to share that relate to their treatment plan goals.

### **Songwriting through recording electronic means:**

1. A variety of goals can be addressed based on what the song is about. Use loops, electronic instruments, live instruments, samples, etc. to create instrumental music (or vocal if using samples) that address the goal or create a safe space, a mood, etc. Spoken vocals can be recorded, if mindful of distancing from the mic. 2. Have each track reference something specific: a strength, a challenge, a coping skill, a family member, etc.

### **Receptive relaxation/stress management exercises with live or recorded music: (if deep breathing is indicated)**

1. Autogenic training. 2. Progressive muscle relaxation 3. Guided imagery (with patients not experiencing psychosis) 3. Deep breathing 4. Drawing or moving to music. (for live music, use ostinatos in the base for grounding, resolving suspensions for tension and release, play along to breathing and gradually slow down, meter and key changes for shifts in verbal cues, etc.)

**Music Games:** (music bingo, trivia, name that tune, matching faces and facts, stage names, etc.)