

# Spontaneous Songwriting in Mental Health Care

Music therapists often report feeling nervous or unsure about bringing songwriting into their practices. This 2 credit asynchronous CMTE explores how to facilitate songwriting from scratch, within a strengths-based approach, during in person and virtual mental health treatment. Participants will receive access to a video and to printable handouts detailing how to initiate songwriting in the moment, a step by step song writing process, choosing topics and lyrical themes, chord progressions, and creating music with instruments and with garageband.

This course is facilitated by Audrey Hausig, MMT, MT-BC, who has extensive experience as a music therapist and as a clinical supervisor in mental health settings, including acute psychiatric settings with children, adolescents, and adults and in the treatment of substance use disorders. The course is open to music therapy students and professionals.

The course will be available from 01/26/2024 to 01/26/2025      Cost: \$30  
This course is free for Black and Indigenous Music Therapists and Black and Indigenous Music Therapy Students as a form of reparations. Need based scholarships are available. (Full refunds are available until the video links and handouts are sent out at which time payment is nonrefundable)  
**Please go to [www.philadelphiamusictherapy/store](http://www.philadelphiamusictherapy/store) or email [philadelphiamusictherapy@gmail.com](mailto:philadelphiamusictherapy@gmail.com) for registration.**

**Learning Objectives:** At the end of this course, participants will be able to:

- Facilitate songwriting from scratch as the need arises in the moment during mental health treatment.
- Identify 21 chord progressions and 15 lyrical themes with 2-3 sub-themes to use during song writing.
- Use garageband to create a multi-track song.

<b>Course Schedule:</b>	<b>Total:</b>	<b>1h53</b>
Introduction & intention setting:		2:55
Initiating songwriting & choosing topics:		4:50
Songwriting steps:		6:35
Lyrics:		24:10
Music with acoustic instruments:		32:10
Electronic music and garage band:		21:20
Examples scenarios:		11:50

## Philadelphia Music Therapy



Philadelphia Music Therapy

“Spontaneous Songwriting in Mental Health Care” is approved by the Certification Board for Music Therapists (CBMT) for 2 Continuing Music Therapy Education credits. Philadelphia Music Therapy #P-203 maintains responsibility for program quality and adherence to CBMT policies and criteria. In addition, the provider is solely responsible for the registration process for this program, including pricing.

