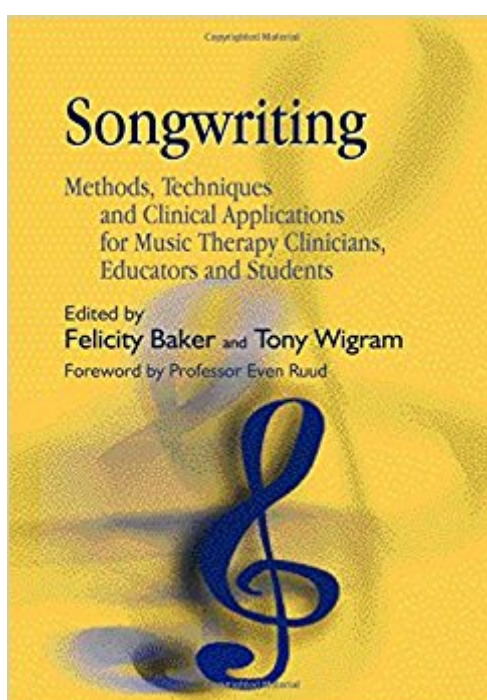


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# Songwriting: Methods, Techniques And Clinical Applications For Music Therapy Clinicians, Educators And Students



## Synopsis

This comprehensive and groundbreaking book describes the effective use of songwriting in music therapy with a variety of client populations, from children with cancer and adolescents in secondary school to people with traumatic brain injury and mental health problems. The authors explain the specific considerations to bear in mind when working with particular client groups to achieve the best clinical outcomes. All the contributors are experienced music therapy clinicians and researchers. They provide many case examples from clinical practice to illustrate the therapeutic methods being used, together with notated examples of songs produced in therapy. Particular emphasis is placed on how lyrics and music are created, including the theoretical approaches underpinning this process. This practical book will prove indispensable to students, clinical therapists, music therapists, educators, teachers and musicians.

## Book Information

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## Customer Reviews

'I considered dipping in and out of chapters but ended up reading from cover to cover. I found it interesting and intriguing to progress through the diversity of therapists' orientations, practices and contexts, wondering how it would all come together in the end. There are inspiring ideas and moving case examples expressed in many of the chapters.' - British Journal of Music Therapy'Practically oriented, instructive, inclusive and forthright, this book focuses on techniques for writing songs with clients and is geared chiefly toward music therapy clinicians, students and educators. This methods book attempts to explore and emphasize the value of songwriting within a therapeutic context and,

ultimately, to define the methods and techniques used, both for teaching purposes and for the analysis and explanation of clinical processes and outcomes. This welcome effort to fully recognize the inherent value of songwriting and to systematically standardize its uses in the field was long overdue, as music therapists have long incorporated songwriting in their clinical repertoire of methods. Reading this book undoubtedly strengthens one's confidence in the procedure of songwriting with the client and in its overall effectiveness as a method of facilitating therapy. As a music therapist who, like so many others in this field, integrates songwriting in her clinical work, I feel that I derived much theoretical and practical information from *Songwriting*. As a methods book, I found it to be efficient, informative and interesting both to the student and to the practicing music therapist, with a refreshing variety of techniques that may enrich the songwriting repertoire of even the most experienced clinician.' - *Nordic Journal of Music Therapy*

This comprehensive and groundbreaking book describes the effective use of songwriting in music therapy with a variety of client populations, from children with cancer and adolescents in secondary school to people with traumatic brain injury and mental health problems. The authors explain the specific considerations to bear in mind when working with particular client groups to achieve the best clinical outcomes. All the contributors are experienced music therapy clinicians and researchers. They provide many case examples from clinical practice to illustrate the therapeutic methods being used, together with notated examples of songs produced in therapy. Particular emphasis is placed on how lyrics and music are created, including the theoretical approaches underpinning this process. This practical book will prove indispensable to students, clinical therapists, music therapists, educators, teachers and musicians.

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This was great for me to see the variety of song-writing styles used by a variety of therapists who work with a variety of populations ranging from pediatric hospital settings to brain injury patients. I really like that it is a practical book. The authors show how they apply their techniques to actual sessions. That helps me get a clearer picture. That helped me a lot to see what was actually going on. I have not gone through the whole book yet, but with what I have read so far, I am inspired to go to my sessions and try these ideas out.

Thank you.

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