

# AN INNOVATIVE AND COMPLEMENTARY APPROACH TO ADDICTION RECOVERY

## MUSIC THERAPY SESSIONS

### WHAT IS MUSIC THERAPY?

The American Music Therapy Association defines music therapy as a clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

According to neuroscience research, music therapy has been shown to support clients' ability to regulate their emotions and to decrease negative affect and depressive symptoms. These changes can be seen through brain scans of individuals who participated in music therapy sessions. research has shown that music therapy supports learning through a double encoding process, where information is processed both verbally and musically. This strengthens the memory trace during learning.

### HOW GET IN TUNE™ WORKS IN ADDICTION RECOVERY

Get In Tune provides an innovative, specialized genre of music therapy that expertly weaves core messages specifically designed for alcohol and substance abuse recovery (12-step philosophy or customized tools aligned with the messaging of your facility). Our methods, developed through intensive training in evidence-based practices and honed by years of professional practice, uniquely position clients to become more successful on their road to addiction recovery.

### DID YOU KNOW THAT MUSIC CAN ACTUALLY CAUSE HARM IF NOT PRESENTED CORRECTLY?

While unintended, those not trained as a music therapist working specifically in addiction can potentially trigger overwhelming emotions, desire to use, and/or flashbacks of repressed memories. And because most music therapists are only trained to work with lower functioning clients, they often struggle with presenting sessions that are not effective or are outside of their scope.

This can also be true for well-intending staff members or therapists in addiction facilities who use music in their sessions. A lack of knowledge about how music can trigger and how to use music when a client is triggered may lead to setbacks.

All of Get In Tune's music therapists must pass certification or be in the process of becoming certified with our addiction specialization training. Before hiring, we highly recommend asking a prospective music therapist if s/he has been specifically trained to work in addiction therapy.



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*“That felt great! It felt so amazing to let out all the pain and chaos that has been going on in my head for the last five or six years. I’ve kept it in for so long. I just got to leave all that anger out on the drum. Thank you!”*

**Client in substance abuse  
outpatient treatment center**

*“Get In Tune's ability to retain client attention and foster an environment for the clients to openly express themselves is amazing. The clients appear to enjoy learning and exploring different ways to approach life and recovery issues through music. These sessions are much needed, insightful, and emotionally challenging.”*

**Staff Member at treatment center**

## READY TO GET IN TUNE?

To partner with Get In Tune or to learn more about our innovative approach to substance abuse recovery using music therapy, please contact us. We would love the opportunity to serve you and your community!