



# AN INNOVATIVE AND COMPLEMENTARY APPROACH TO MENTAL HEALTH TREATMENT

## 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.

### WHY MUSIC THERAPY - ISN'T USING MUSIC ENOUGH?

For clients in treatment, music as a coping skill is often a gateway for isolation. The song becomes their point of connection while shutting everyone else out. And while there is a potential for a positive effect in that moment, a lack of processing beyond that point means that the problem returns when the music stops.

### HOW GET IN TUNE™ WORKS FOR YOUR CLIENTS

Honed by years of professional practice Get In Tune provides an innovative, curriculum-based music therapy that teaches clients how to use music to access a higher level of emotional processing. Our methods, developed through intensive training in evidence-based practices and including concepts utilized in CBT and DBT, uniquely position clients to become more successful on their road to mental health recovery.

Clients have spent years - and in some cases decades - detaching from their emotions, which means they often lack the words to communicate how they feel. But music is something they connect to almost instantaneously.

Giving clients clear tools for using music to find their words can dramatically increase the efficacy of treatment. And unlike other forms of complementary therapy, most clients will continue to connect with music after treatment more than any other modality because it is part of their every day lives.

*“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 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**

*“This was amazing. It reminded me of home and really helped me to calm down. The music took my emotions from excitement to calm and I also felt a release.”*

**Client in detox facility**



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*"I've always liked your groups because it really makes us think more than other groups."*

**Client in residential treatment center**

*"Wow! Thank you. Music really hits me and I feel inspired now to complete my 12 step work."*

**Client in inpatient treatment center**

*"This group taught me how to follow directions and to take a look at my emotions. Music is life for me. My first day here we did the drums and I was like 'Oh! No!' But now, here I am still participating in drums. This group definitely got me out of my comfort zone."*

**Client in extended care treatment center**

## READY TO GET IN TUNE?

To partner with Get In Tune or to learn more about our innovative approach to mental health treatment, please contact us. We would love the opportunity to serve you and your community!

## WHAT WE DO

We teach clients how to develop insight and express themselves through their connection to music. We use active music interventions to identify emotions, feel those emotions, and then create something that will help each client to personalize their story and be able to express what is going on inside to someone else.

We use all learning styles in our music therapy sessions: kinesthetic, aural, reading/writing, and visual. Each week is a different experience so that each learner can engage in music in a way that works for them! Here are some of the techniques we use:

- Music Listening
- Songwriting
- Music-assisted Creative Arts
- Music-assisted Meditation
- Active Music Making

Through music therapy, clients learn they can feel uncomfortable, apply a coping skill, and then be able to better express themselves.

## HOW WE ARE DIFFERENT

There are many different ways that music can heal. While offerings such as sound healing and music writing/playing groups provide healing sensations and connection, only music therapy combines the use of music, creativity, and evidence-based practices facilitated by a therapist specifically trained to use music for clinical purposes. With music therapy, clients learn tools that can be utilized throughout their lives, beyond the experience they have in the moment.

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

While unintended, a facilitator who is not a music therapist with mental health expertise can potentially trigger overwhelming emotions, harmful behaviors, and/or flashbacks of repressed memories. Most music therapy schools do not require advanced counseling classes, meaning music therapists without additional training can struggle to present sessions that are highly effective and remain within their scope of practice.

This can also be true for well-intending staff members or therapists in 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.

Before hiring, we highly recommend asking a prospective music therapist if they have been specifically trained to work in mental health and/or addiction treatment.



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