



# **MUSIC THERAPY IN THE FORENSIC SETTING**

# THE FACTS

- Adolescents and adults
  - Incarcerated
  - Adjudicated for treatment in secure mental health facilities
  - Addresses physical, psychological, emotional, social, behavioral, cognitive, communicative, and spiritual needs or challenges
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# WHERE IS IT OFFERED?

- Maximum security hospitals
  - Jails
  - Prisons
  - Detention centers
  - Group homes
  - Sanctions programs
  - Community-based probation and parole programs
  - Homeless shelters
  - Missions
  - Refuge houses
  - Substance abuse treatment centers
  - Volunteer training programs
  - Churches
  - Aftercare programs
  - Mental health facilities
  - Medical hospitals
  - Schools
  - Skilled nursing facilities
  - Rehabilitation centers
  - Private practice
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# METHODOLOGY

- Receptive
- Improvisation
- Recreative
- Composition

# RECEPTIVE MUSIC THERAPY

**“Listening and responding to live or recorded music”**

- Exercise, movement and dance
- Lyric analysis
- Music-assisted relaxation

With everything happening today  
You don't know whether you're coming or going  
But you think that you're on your way  
Life lined up on the mirror don't blow it

Look at me when I'm talkin' to you  
You looking at me but I'm lookin' through you  
I see the blood in your eyes  
I see the love in disguise  
I see the pain hidden in your pride  
I see you're not satisfied  
And I don't see nobody else  
I see myself I'm looking at the

Mirror on the wall, here we are again  
Through my rise and fall  
You've been my only friend  
You told me that they can understand the man I am  
So why are we here talkin' to each other again

Uh, I see the truth in your lies  
I see nobody by your side  
But I'm with you when you're all alone

And you correct me when I'm lookin' wrong  
I see that guilt beneath the shame  
I see your soul through your window pain  
I see the scars that remain  
I see you Wayne, I'm lookin' at the

### CHORUS

Lookin' at me now I can see my past  
Damn I look just like my fuckin' dad  
Light it up, that's smoke at mirrors  
I even look good in the broken mirror  
I see my momma smile that's a blessin'  
I see the change, I see the message  
And no message could be any clearer  
So I'm starting with the man in the

### CHORUS

### CHORUS

Mirror on the wall  
Hey BP, looks like I did take 'em to mars this time  
So why are we talkin' to each other again

# IMPROVISATION

**“Spontaneous creation of music using media such as voice, instruments, and body sounds”**

- Creative expression
- Release of energy
- Development of personal insight
- Redirection of difficult or counterproductive emotions in both individual and group settings

# BODY PERCUSSION

<https://www.youtube.com/watch?v=sb-2VsE2y-U>





# RECREATIVE MUSIC THERAPY

**“Focus on singing and playing pre-composed music”**

- **Develop skills that lead to a sense of mastery and increased confidence**
  - Chorus
  - Popular music combos
  - Chime choirs

[https://www.youtube.com/watch?v=2TU7dE\\_9Vi4](https://www.youtube.com/watch?v=2TU7dE_9Vi4)


# COMPOSITION

## “Creating vocal and instrumental pieces”

- Songwriting
  - Expression and source of self-satisfaction
  - Vehicle for learning foundational music concepts
  - Encourages thoughtful work over time

<https://www.youtube.com/user/MichaelAlvaradoMusic>

# GOALS IN THE FORENSIC SETTING

- Increase self-awareness
  - Improve reality testing and problem-solving skills
  - Improve respect for others, including peers and authority figures
  - Develop healthy verbal and non-verbal communication skills
  - Decrease impulsivity through practical techniques
  - Accept responsibility for thoughts and feelings
  - Learn relaxation and coping skills
  - Improve physical conditioning
  - Develop effective leisure skills
  - Explore feelings and make positive changes in mood states
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# REFERENCES

American Music Therapy Association (2006). *Music therapy for persons in correctional and forensic settings*. Silver Spring: AMTA.