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
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
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 been any clearer
  So I'm starting with the man in the

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
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
REFERENCES