Music Theory in Music Therapy

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Verse Chorus Form

Two-part form

- **Verse-Chorus**
  - Instrumentation
  - Tells a story in the lyrics
  - Rhyme scheme
  - Chorus repeats
- **Repetition and contrast, AB**

- **Harmony**
  - Chord progressions are often “looped”

- **Popular music**
Harmony Breakdown

- Notes: A B C D E F G
- Organized into Keys
- Most common:
  - I IV V I
  - I ii V I
  - I vi IV V I
  - iii vi ii V I
- Our Song:
  - |: ii I vi V :| iii IV V
  - ii I vi V
Our Client

Name: Amanda

Age: 20 years old

Diagnosis: Leukemia

- Amanda has been receiving treatment for three months. Her treatments include chemotherapy, radiation, stem cell transplants, and blood tests.
- She is often isolated from other people her age and cannot be involved in the same activities that they are. Her condition is also hard on her parents and siblings.
- Amanda loves music and started treatment with Laura, her wonderful music therapist, in January.
Keep Your Head Up by Andy Grammer

I've been waiting on the sunset
Bills on my mindset
I can't deny they're getting high
Higher than my income
Income’s breadcrumbs
I’ve been trying to survive

The glow that the sun gets
Right around sunset
Helps me realize
This is just a journey
Drop your worries
You’re gonna turn out fine.
Oh, you’ll turn out fine.
Fine, oh, you’ll turn out fine.

But you gotta keep your head up, oh,
And you can let your hair down, eh.
You gotta keep your head up, oh,
And you can let your hair down, eh.

I know it’s hard, know it's hard
To remember sometimes,
But you gotta keep your head up, oh,
And you can let your hair down, eh.
Keep Your Head Up - Rewritten

| I've been waiting on my tests back | But you gotta keep your head up, oh, |
| Time on my mindset                  | And you can let your hair down, eh. |
| I can’t wait ‘til this is done      | You gotta keep your head up, oh, |
| Parents keep on waiting             | And you can let your hair down, eh. |
| This is boring                      | I know it’s hard, know it's hard |
| I’ve been trying to survive         | To remember sometimes, |
|                                    | But you gotta keep your head up, oh, |
|                                    | And you can let your hair down, eh. |

The goals that I have set
The goals that I have set
For my life
For my life
Helps me realize
Helps me realize
This is just a journey
This is just a journey
Drop my/your worries
Drop my/your worries
I’m/You’re gonna turn out fine.
I’m/You’re gonna turn out fine.
Oh, I’ll/you’ll turn out fine.
Oh, I’ll/you’ll turn out fine.
Fine, oh, I’ll/you’ll turn out fine.
Fine, oh, I’ll/you’ll turn out fine.
Questions

● Music Therapy?
● Songwriting?
● Verse-chorus form?