

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

| | | | | | | |
|----------|-----------|------------|-----------|----------|-----------|-------------|
| I | ii | iii | IV | V | vi | vii° |
| C | Dm | Em | F | G | Am | Bdim |

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

Time on my mindset

I can't wait 'til this is done

Parents keep on waiting

This is boring

I've been trying to survive

The goals that I have set

For my life

Helps me realize

This is just a journey

Drop my/your worries

I'm/You're gonna turn out fine.

Oh, I'll/you'll turn out fine.

Fine, oh, I'll/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.

Questions

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

