

# Form in Therapeutic Songwriting Interventions

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# What is *Music* Therapy?



What are the benefits of  
verse/chorus form in a  
music therapy  
songwriting intervention?

# As Found in Literature:

- A simple musical form keeps the focus on the clinical goals and objectives.
- Lyric writing was the tool most commonly used to target the goal of emotional expression in music therapy settings.
- Common themes that emerge in clinical songwriting:
  - Emotional awareness
  - Identity formation
  - Relationships

# Example Music Therapy Session

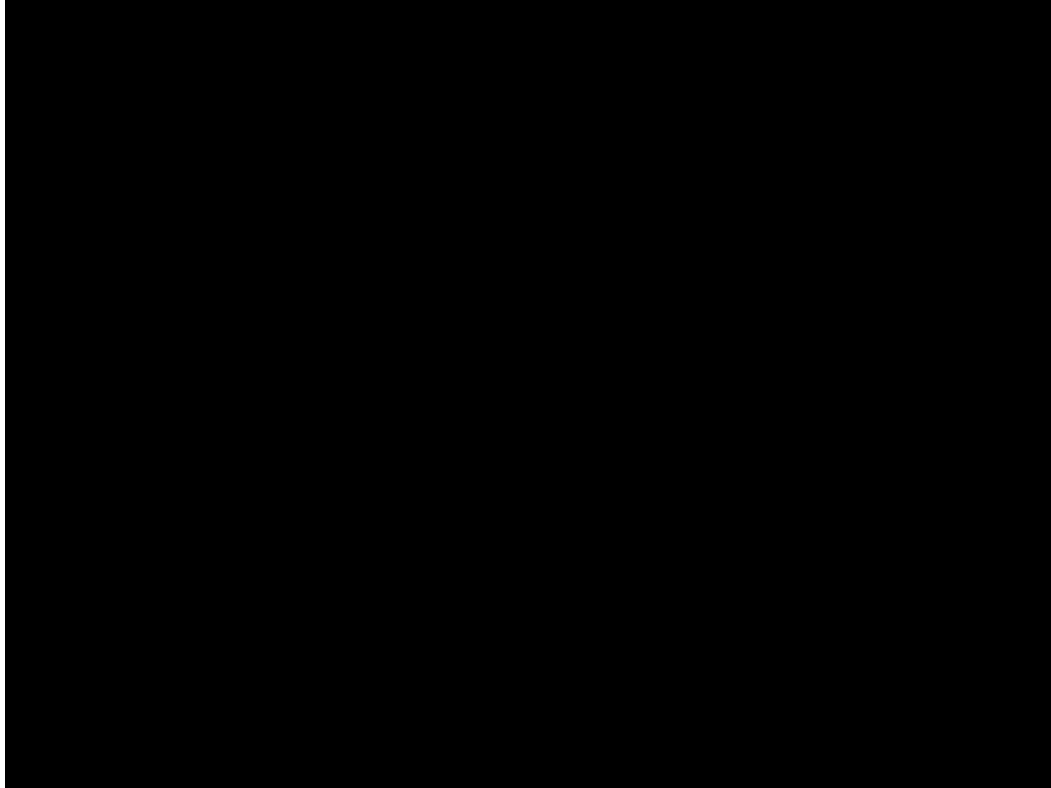
Population: Group of teen girls struggling with the effects of trauma.

Goal: To build a safe and trusting relationship within the therapy group.

Objective: During the expressive songwriting intervention, all girls in the group will:

1. Provide at least one idea of words relevant to group cohesion and support to fill in the blanks of the song.
2. Participate in singing at least once during the chorus.

# Songwriting intervention visual



## Verse/Chorus Form in Music Therapy:

- Creates a safe place for the therapeutic process
- Verse tells a story
- Chorus states validation or solution



**Thank you!**



# Citations

*American Music Therapy Association*. American Music Therapy Association | American Music Therapy Association (AMTA). (n.d.). <https://www.musictherapy.org/>.

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