### Composition and Creativity: Writing Therapeutic Music Experiences (TMEs) to Support Client Goals

Client Goal: This is the place where you write down your client goal

Purpose: Use this part of the TME outline to identify other goals addressed by this TME. For example, when asking a client to raise her arm while playing an instrument, the client also has to use fine motor skills, hand-eye coordination, and strength to get a sound out of the instrument. There are many others. Identify them in this section of the outline

Source: Is this TME an original idea? Is this TME based on the ideas of someone else? Identify your sources in this place

Materials: What do you need to complete this TME? Instruments? Visual aids? Electricity to run a stereo?

Environment: Are there any special environmental requirements to complete this TME? Does the client need a certain amount of room? Do you need specific lighting, temperature, seating formats?

Song/Chant/Words: Place either a picture or a description of the musical format and structure that you will use during the TME.

Procedure: R = Reinforcement opportunities; C = Redirection/Cue opportunities; A = Assessment

1. Step-by-step instructions for leading the TME with clients
2. Remember to include the music when it enters
3. Remember to reinforce desired responses
4. Include a data element – what will you be evaluating? When will you evaluate? How will you evaluate? How will you record the data?
5. What will you do, as the therapist, to facilitate the TME?
6. What do you expect the client to do? What will happen if the client does not do what you expect? How will you get the client to complete the task or outcome of the TME?

I think of this procedure as a flow chart. This concept helped me understand exactly what the folks at my university wanted me to write. I was not able to complete this task until I stumbled upon this visual format. If the flow chart idea interests you. Ask me for an example. I have a couple of applications/ TMEs diagrammed in this manner. It takes a long time to diagram, but if you are a visual learner, it makes sense.

Therapeutic Function of Music: What function does the music serve in the application? If the music would disappear, would the client still be able to complete the application and reach the desired outcome? If so, is the presence of music necessary for the TME? If the presence of music is not necessary, then why would you use this application in a music therapy session? (It may be appropriate to use the application, but this is the time to think about why it is important to make music an integral part of every activity/intervention.)

The chart offers a way to organize the elements of music that are available to you to adapt the TME to fit your client.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Melody | Pitch | Rhythm | Dynamics | Harmony |
|  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Form | Tempo | Timbre | Style | Lyrics |
|  |  |  |  |  |

Chart adapted from Hanson-Abromeit, D. (2010). *A Closer Look at the Therapeutic Function of Music*. Presentation at 2010 American Music Therapy Association National Conference: Cleveland, OH.

TME #1 – Prepared Client Goal

**Client Goal:**

**Purpose:**

**Source:**

**Materials:**

**Environment:**

**Song/Chant/Words:**

**Procedure: R = Reinforcement opportunities; C = Redirection/Cue opportunities; A = Assessment**

**Therapeutic Function of Music:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Melody | Pitch | Rhythm | Dynamics | Harmony |
|  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Form | Tempo | Timbre | Style | Lyrics |
|  |  |  |  |  |

Chart adapted from Hanson-Abromeit, D. (2010). *A Closer Look at the Therapeutic Function of Music*. Presentation at 2010 American Music Therapy Association National Conference: Cleveland, OH.

TME #2 – Original TME and Client Goal

**Client Goal:**

**Purpose:**

**Source:**

**Materials:**

**Environment:**

**Song/Chant/Words:**

**Procedure: R = Reinforcement opportunities; C = Redirection/Cue opportunities; A = Assessment**

**Therapeutic Function of Music:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Melody | Pitch | Rhythm | Dynamics | Harmony |
|  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Form | Tempo | Timbre | Style | Lyrics |
|  |  |  |  |  |

Chart adapted from Hanson-Abromeit, D. (2010). *A Closer Look at the Therapeutic Function of Music*. Presentation at 2010 American Music Therapy Association National Conference: Cleveland, OH.