

# Integrating Music Therapy into your Music Education Practice

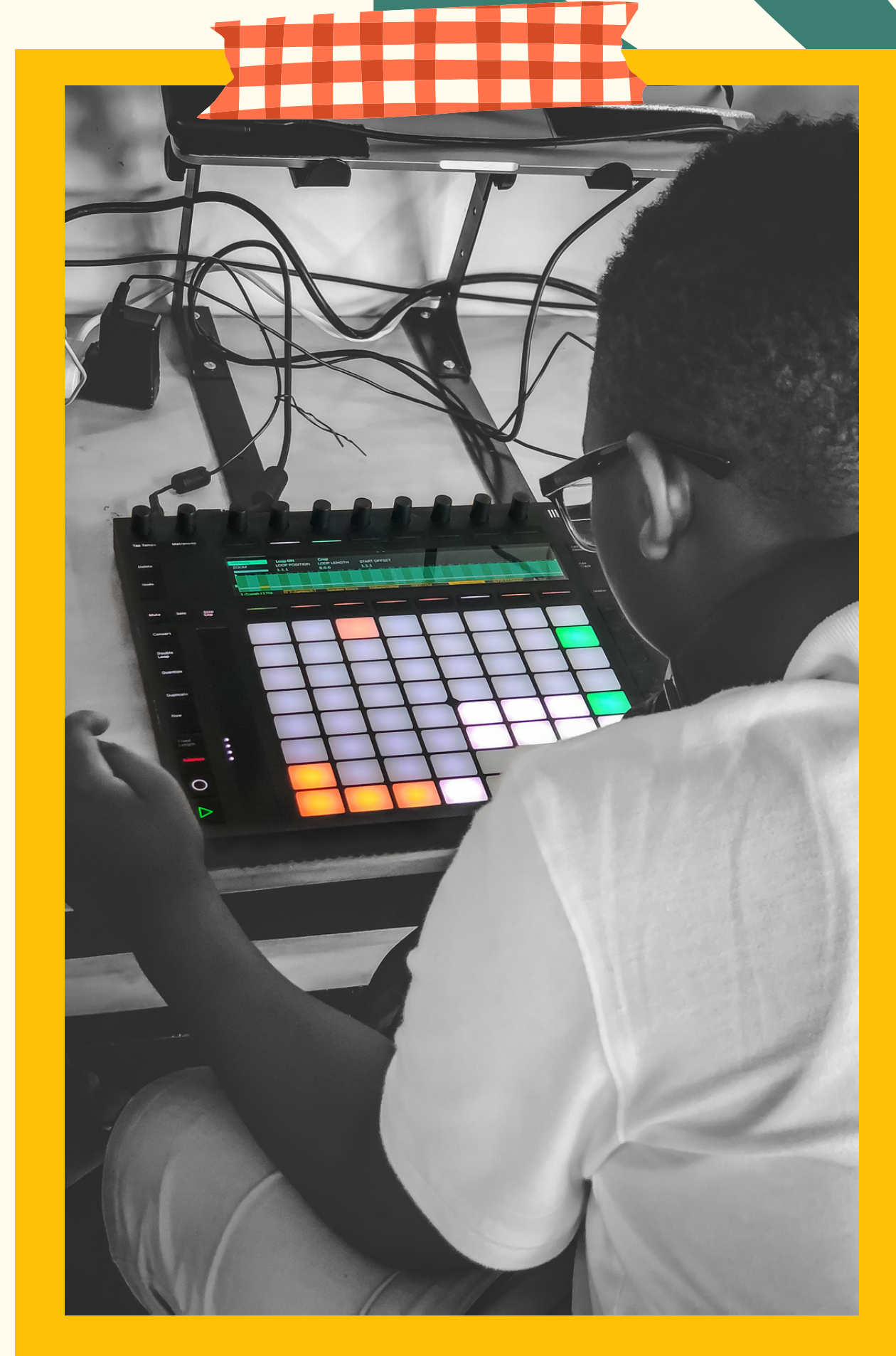
Presented by

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she/they



# TODAYS Agenda

- Warm-Up/Intro
- What is Music Therapy?
- Ways the Fields Can Learn from Each Other
  - Recreative
  - Receptive
- Questions



# Sing When the Spirit Says Sing

You've Got to Sing When the Spirit Says Sing  
You've Got to Sing When the Spirit Says Sing  
Sing so long  
Sing so strong  
Sing when the Spirit Says Sing

**What other motions or sounds can we make?**



# Music Therapy

What comes to  
mind when you  
hear the term  
Music Therapy?





# Music Therapy

- Clinical and evidence-based use of music interventions
- Accomplish individualized goals within a therapeutic relationship



# Music Therapy & Music Education

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- IDEA ensured that students with disabilities are entitled to the same educational opportunities as their peers
- Music Therapy can be used to address many of the goals in IEPs
- Many activities in an accessible music classroom are similar to music therapy interventions - it's all about how you use them!



# Goals V. Assessment/Evaluation

- Built using SMART goals
- Goals in music therapy are around clinical diagnosis
  - Ex. Increase Attention
- Music Therapist will create objectives based on observations during initial assessment
  - Ex. Client will stay attentive with MT for at least 10 seconds at least 2 times out of 3 opportunities per session by x. date

# Goals V. Assessment/Evaluation

- Includes non-musical functional outcome:
  - Ex. Increasing attention longer will help clients engage in social interactions and stay more focused on one task when asked to do so.
- Includes data collection method:
  - Ex. duration count - length of time using a watch
  - Ex. frequency count - count number of times they're focused



# Music Therapy & Music Education

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“Music therapy, to me, is music performance without the ego. It’s not about entertainment as much as it’s about empathizing. If you can use music to slip past the pain and gather insight into the workings of someone else’s mind, you can begin to fix a problem.”

JODI PICOULT, AUTHOR

# Types of Music Therapy Interventions

- Receptive
- Recreative
- Improvisation
- Composition



# Getting Recreative

- Any use of a pre-composed song where the student/client is encouraged to play or sing along.
- Examples include:
  - Playing pre-recorded music
  - Playing the song on your own for your student/client
  - Teaching your student how to play the song
- Appropriate for a variety of populations!

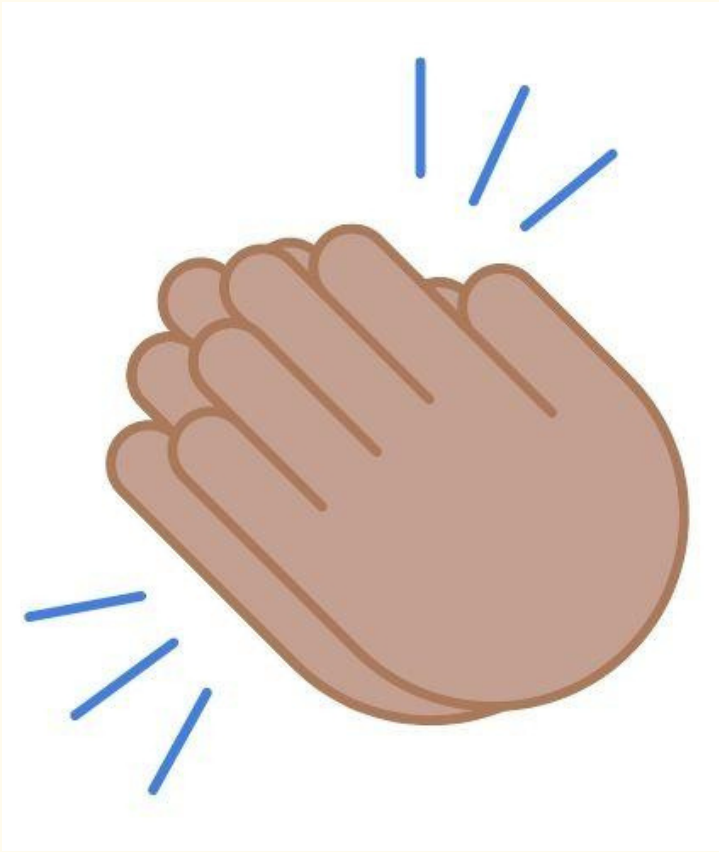
# Getting Recreative

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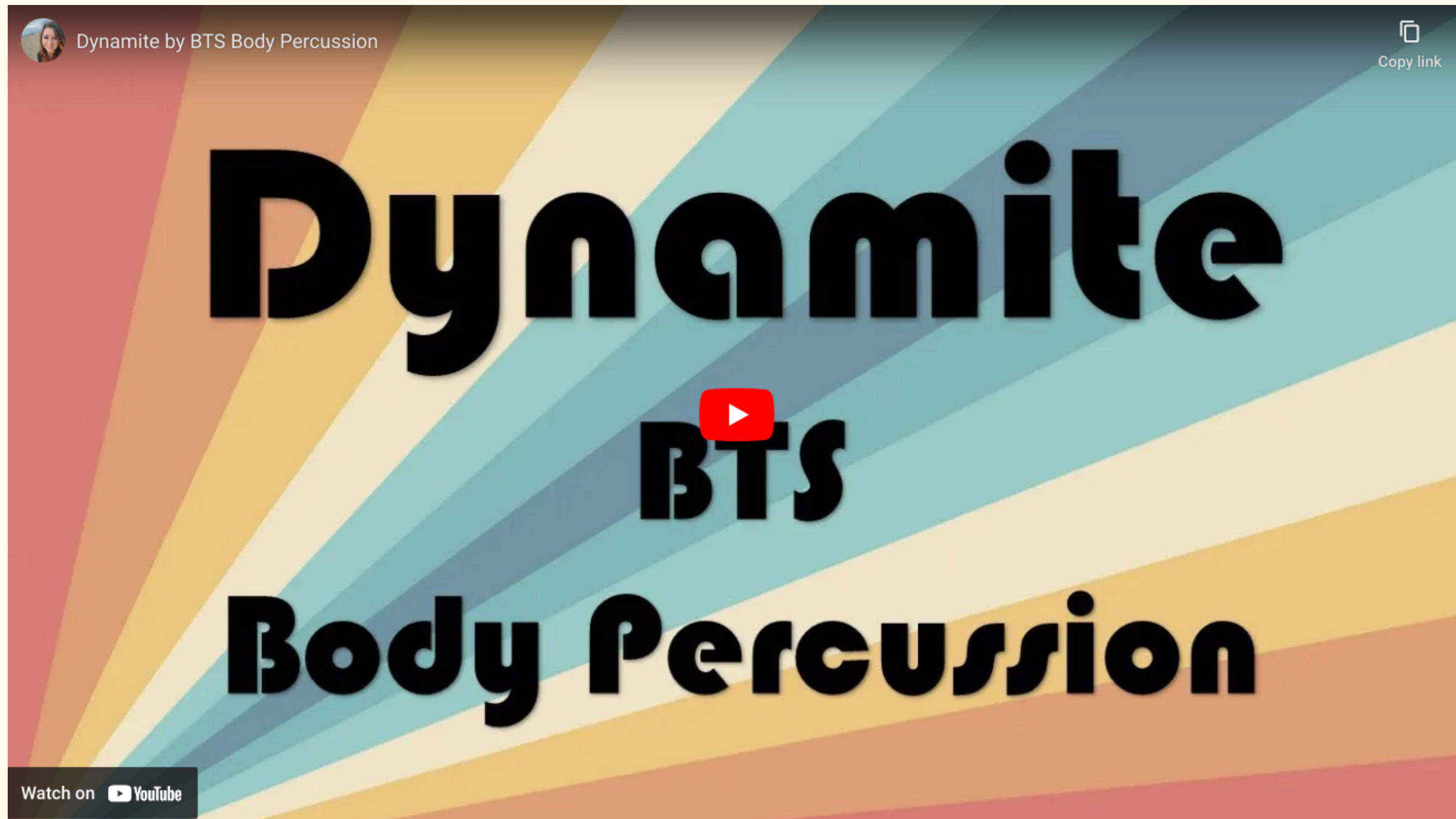
Can you think of any recreative activities you have done in any classroom settings you've worked in or been a part of?



# Getting Recreative



# Getting Recreative





# Getting Recreative

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- What kind of skills/goals could be addressed through the movement activities?
- What observations did you have about the activity?
- How could this help in your classroom setting?

# Receptive





# Receptive

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- Did you like the song?
- Did you pay attention to the lyrics or the vibe more?

# Receptive

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- Were there images going through mind as you listened?
- What was the singer experiencing?
- What is the overall mood of the song?
- What does this person do when they experience difficult feelings?
- How does that work for them?



# Receptive

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What kinds of listening activities do you incorporate into your classroom?

# Receptive Music Therapy

- Listening to music, either live or recorded
- Therapist manipulates the qualities of music which a student/client receives non-actively
- Can range from relaxation to discussion of song themes or lyrics

# Any Questions?





# Let's Keep in Touch

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