

The Role of Music Therapy in Hope, Recovery and Future



Allison Davies

Bmus/BTeachMasMusTher
Registered Music Therapist

What is self efficacy?

Self efficacy refers to one's belief in one's ability to succeed in specific situations.

(Bandura, A. , Self-efficacy: Toward a Unifying Theory of Behavioral Change, Psychological Review 1977, Vol. 84, No. 2, 191-215)

What is music therapy?

Music therapy is the planned and creative use of music to attain and maintain health and wellbeing.

(Australian Music Therapy Association)



Personal Soundtrack - Musical Timeline



Personal Soundtrack

SONGS THAT REMIND YOU OF....

Mother
Father
Brothers/Sisters
Other Relatives
Early Childhood
Primary School
High School
Parties
Girlfriend/Boyfriend
Good times
Hard times
Your favourite memory
Your worst memory

SONGS THAT MAKE YOU FEEL....

Happy
Sad
Excited
Angry
Relaxed

Personal Soundtrack

SONGS THAT REMIND YOU OF....

Mother *Dixiechicks*
Father *ACDC*
Brothers/Sisters *The Gambler*
Other Relatives
Early Childhood
Primary School *Macarena*
High School *Akon*
Parties
Girlfriend/Boyfriend *- John Farnham*
Good times *working class man*
Hard times *Y&K a big big girl in a big big world*
Your favourite memory *the man eater*
Your worst memory

SONGS THAT MAKE YOU FEEL....

Happy
Sad
Excited
Angry
Relaxed *Father & Son*

Personal Soundtrack

- Self Expression
- Reminiscence
- Personal Validation
- Literacy
- Creativity
- Interactive Discussion
- Cognitive stimulation
- Emotional recognition
- Empathy

pursuit

I gotta change who I am, I gotta get out of the can, I gotta make a plan before my life ends so I don't spend
The rest of my life in jail, or spend all my dole on VB cans

I know I can do it I always fuckin' knew it, I just gotta make a goal and fuckin' pursue it
And nothing can stand in my way, cause I'm on a fuckin' high today

And not the type of high induced by marijuana, this is the type of high that's gonna make me fuckin' wanna
Stop stealing shit, get a fuckin' job and excel in it, and anyone that tries to drag me down can suck a dick
From this day on I won't touch a bong, so what if my life's turned out wrong?

I'm about to turn it right, sure I might fuck up again, I'm not going to pretend that it couldn't happen
But I'm trying to be positive in this rap and I don't wanna think about fuckin' up

And ending up back in the judicial system, that's not the life for me, so I'm resistin'
And I don't give a fuck if you call me a bitch man but I'm out of the game

I've been causing my family too much pain, I've been causing myself too much grief
I've been fighting too much and now I got chipped teeth

Even though I seem happy on the surface I'm sad underneath
Sad of because how my life turned out, so sad

I just want to stand up and shout give me a break I've had about as much as I can take
One more straw and I think I'll break, collapse at the knees screaming God please

Save me from the demon within, don't let him take hold of me don't let him win
I promise not to sin ever again, cause at the moment it feels like me life's been chucked in the bin

All my time invested in doing dumb shit, and gettin' arrested
The fact I'm disappointing my family it stabs at my chest

It creates a pain inside of me, it won't go away, it won't let me be
Until I change my ways, until I reach the end of my delinquent days

This criminal faze in my life, til I keep out of strife, put down this fuckin' knife
Stop gettin' drunk and fuckin' up my future
Goodbye criminal life I'm about to boot ya.



Youth of Our Nation

It's fuckin' obscene, my life is like a dream, I down my emotions with each glass of beam
I'm constantly doin' dumb shit and making the wrong decision
That's why I keep ending up back at this juvenile prison
I do take drugs but at least I don't bang shit up my arm, goey is bringing our youth to great harm
There are too many parents that are in alarm, but then again there are too many that don't give a damn
That's why we've got so many young kids pushing a pram, on the dole, livin' on tinned spam
Something needs to be done, too many youth breaking the law
Constantly on the run, too many youth stealing cars for fun, too many youth drinking beer and rum
When did it become cool to walk the streets in a mob, why not get a job?
Instead of planning which servo to rob
There are too many homeless children so why doesn't the government start building
More youth shelters and public accommodation so these kids have their own place
And a better chance at an education
There are so many troubles in Hobart, only two youth shelters for a start
I remember how the cold used to stab through me like a dart when I slept in the street
The fact I saw so many homeless breaks my heart
And you just need a better start
And have respect for the people that tag it up, it's just art
And they're just expressin' their emotions without leading to aggression
Why doesn't the government build more walls they can paint
So everything these kids doing to express themselves aint taken away
And they're not just mugging people and choofin' all day
Surely there's a way we can fix things for our state and our nation
And end all our youth sittin' in the police station



Song writing

- Self expression
- Imagination
- Literacy
- Cognitive Stimulation
- Decision making
- Validation
- Creativity
- Structure
- Precision
- Sense of achievement

Song Parody - Imagine

Imagine there's no _____, I wonder if you can
Nothing to _____, a brotherhood of man
Imagine all the _____ living _____

You may say that I'm _____, but I'm not the only one
I hope some day you'll _____, and the world will live as one

Imagine no _____, it isn't hard to do
Nothing to _____, and no _____ too
Imagine all the _____, living for _____

You may say that I'm _____, but I'm not the only one
I hope some day you'll _____, and the world will live as one

Imagine no _____, it's easy if you try
No _____ below us, above us only _____
Imagine all the _____, living life _____

You may say that I'm _____, but I'm not the only one
I hope some day you'll _____, and the world will live as one

Song Parody - Imagine

Imagine there's no **depression**, I wonder if you can
Nothing to **keep you awake at night, and make you feel sad**
Imagine all the **people**, living **for each day**

You may say that I'm a **dreamer**, but I'm not the only one
I hope some day you'll **be happy**, and the world will live as one

IMAGINE

Imagine there's no NO Bullys
It's easy if you try
No one stand over you
~~Above us only~~ There won't ~~Be no one to make you fight~~
Imagine all the people
Living for good

You may say that I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will live as one

Imagine there's no people getting killed
It isn't hard to do
Nothing to fear
And no no people crying too
Imagine all the people
Living Happy happily

You may say that I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will be as one

Imagine no people getting Bashed
I wonder if you can
No need for Violence
A brotherhood of man
Imagine all the people
Sharing giving A Long

You may say that I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will live as one

Song Parody

- Self expression
- Imagination
- Literacy
- Cognitive Stimulation
- Validation
- Creativity
- Sense of Achievement

Lyrical Analysis - Beautiful

Every day is so wonderful
And suddenly, it's hard to breathe
Now and then, I get insecure
From all the pain, I'm so ashamed

I am beautiful, no matter what they say
Words can't bring me down
I am beautiful, in every single way
Yes words can't bring me down, oh no
So don't you bring me down today

Lyrical Analysis

- Cognitive stimulation
- Self expression
- Interactive discussion
- Connection with identity
- Connection with musical culture

Drumming

- Non-verbal self expression
- Gross and fine motor coordination
- Ethnomusicology
- Communication
- Development of musical skills
- Listening skills



Tasmanian Music and Vibrational Therapy

www.allisondavies.com.au