

## **The role of music therapy in hope, recovery and future**

Teenagers experiencing mental health conditions often present with extremely low levels of self efficacy. This has an effect on their ability to develop the educational, behavioural and social skills needed to successfully recover from their condition and prepare for the most positive future possible.

**Music therapy** is the planned and creative use of music to attain and maintain health and wellbeing. Specific music therapy interventions such as lyrical analysis, song parody, song writing, improvisation and drumming provide a medium for self expression, social interaction and developing positive behavioural affect. Other outcomes include the development of literacy and creative skills, fine and gross motor coordination, cognitive development and a sense of social inclusion. Such outcomes have proved invaluable in assisting adolescents develop self efficacy.

This seminar will offer participants the opportunity to experience music therapy through an overview of specific interventions. Each of these has been developed to increase self efficacy in adolescents effected by mental health conditions. A must for those searching for new and creative methods of helping young people achieve hope, recovery, and a fantastic future.

Participants will receive music therapy resources developed to increase self efficacy in adolescents experiencing mental health problems.

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NB: part of this presentation contains explicit language.

### **Biography**

Allison Davies registered with the Australian Music Therapy Association after completing a Bachelor of Music/Bachelor of Teaching with the University of New England, N.S.W. and a Master of Music Therapy with the University of Queensland. Allison has worked with people aged from pre-birth to 107 years of age within a diverse range of population groups and now specialises in working with adolescents throughout Tasmania.

She runs a private music therapy practice providing services to Ashley Youth Detention Centre and designing and implementing programs for young people at risk of homelessness or disengagement. Allison also works at a number of primary schools and nursing homes.