Group Music Therapy as a Best-Buy Psychoeducational Intervention for Illness Management and Recovery with Psychiatric Consumers

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Objectives

- Introduction to music therapy
- Training of music therapists
- Music therapy with psychiatric consumers
- Psychoeducational music therapy clinical practice & research
- Hiring a music therapist

What is music therapy?

- Psychosocial treatment
- Music interventions
  - Non-musical goals
- Variety of consumers
  - Not musicians
  - SMI → integrative & complementary
- Part of interdisciplinary treatment team
  - Referral, assessment, treatment, documentation, evaluation, termination

Training of music therapists

- 4 year university program
- Practica + 6 month clinical internship = 1200 clinical hours
- Board-Certification Exam (MT-BC)
  - Licensure
- Practice at Bachelor’s Level; 37% of MTs have graduate degrees

Music Therapy vs. Music Medicine

Music Therapy
- Interactive & client-centric
- MT-BC
- Various receptive or active interventions
- Various objectives
- Strength-based
- Formal treatment process
  - Referral, assessment, treatment plan, documentation evaluation

Music Medicine

- Interactive & client-centric
- MT-BC
- Various receptive or active interventions
- Various objectives
- Strength-based
- Formal treatment process
  - Referral, assessment, treatment plan, documentation evaluation
Music Therapy Experience

- Florida State Hospital
- Apalachee Center for Human Services
- Austin (Texas) State Hospital
- Marnie Paul Arts Center
- Healing Hearts Music Therapy Services
- Tallahassee Memorial Healthcare Behavioral Unit
- University of Minnesota Medical Center, Fairview

Research & Contemporary Clinical Practice

- Cochrane Review of MT and Schizophrenia: 8 studies, N = 483. With standard care, MT can improve global state, mental state, & social functioning (Mosliner, Chen, Heldal, & Gold, 2012)
- 5800 US MTs; 71 training programs → research
- Group-based, Inpatient, CBT & Psychoeducational (Silverman, 2007; Thomas, 2007)
- Integration of MT into Evidence-based Treatments → Family-based psychoeducation (Silverman, 2014)
- Illness management (Silverman, 2009, 2011)

(Psycho) Educational MT for Illness Management & Recovery

- Acute psychiatric patients
  - Verbalizations (Silverman, 2009)
  - Coping skills (Silverman, 2011)
  - Assertiveness (Silverman, 2011)
  - Perceived social support (Silverman, in press)
  - Stigma (Silverman, 2013)
  - Family education (Silverman, 2014)

Songwriting

- 3 Levels of structure based on functioning level
  - Fill in the blank
  - Lyric replacement
  - Free composition
- Blues
  - Research
  - Knowledge of coping skills & working alliance (Silverman, 2011)
  - Depression & readiness to change (Silverman, 2011)
  - Stigma (Silverman, 2013)

The Stigma Blues
1. Stigma ain't no good
2. Bipolar ain't contagious
3. So step outside your mind frame
4. And see that we aren't dangerous
Refrain:
5. It's just a diagnosis
6. Just another label
7. Ain't gonna bend
8. I'm fighting them stigma blues
9. I'm going to NAMI
10. Education is the key
11. Gotta get my supports
12. To teach my family
Refrain

The Detox Blues
1. Tired of the lying
2. Tired of the hiding
3. Sick of losing control
4. Sick of my life being on hold
Refrain:
5. It started with me
6. Committing to recovery
7. No more living in fear
8. My faith is becoming more clear
9. Embrace my higher power
10. Attack one brick at a time
11. Stop denying the feelings
12. So I can begin the healing
Refrain

Lyric Analysis

- Various methods
  - Functioning level
  - Concrete versus abstract → Projection
- Songs in research
  - Don't Stop (Silverman, 2009)
  - Desperado (Silverman, 2009)
  - Under the Bridge (Silverman, 2010, 2011)
  - Lean on me (2011)
  - Runaway Train; Live vs. Recorded (Silverman, in press)
  - Hurt vs. How To Save A Life (in progress)
Under the Bridge
1. Sometimes I feel like I don’t have a partner
2. Sometimes I feel like my only friend
3. It’s the city I live in, the city of angels
4. Lonely as I am, together we cry
5. I drive on her streets cause she’s my companion
6. I walk through her hills cause she knows who I am
7. She sees my good deeds
8. And she kisses me windy
9. And I never worry, now that is a lie

CHORUS:
10. I don’t ever want to feel
11. Like I did that day
12. Take me to the place I love
13. Take me all the way
14. It’s hard to believe that there’s nobody out there
15. It’s hard to believe that I’m all alone
16. At least I have her love, the city she loves me
17. Lonely as I am, together we cry

CHORUS

Other Interventions
• Recreational MT
• Percussion & facilitated group drumming
• Narrative (high education; in progress)
• Rock opera (Silverman, 2011)
  – Get up, stand up
  – Locus of control & quality of life
• Rockumentary (Silverman, 2011)
  – Detoxification Unit
  – Under the bridge, Scar tissue
  – Readiness to change & craving

Active MT versus Receptive Music Listening
• Meta-analysis (Silverman, 2003)
  – Active versus passive → No differences ☺
• Group listening versus active MT
  – (Silverman & Leonard, 2012)
• 2 Pilot Studies → Intermediate Care Inpatient Unit
• Group listening
  – iPod with speakers
• Active Music Therapy
  – Songwriting; Recreational music therapy; Percussion; Lyric analysis; Sing-a-long

Experiment 1: % Attendance

Experiment 2: Durational Attendance

Hiring a Music Therapist
• American Music Therapy Association: www.musictherapy.org
• Various job titles and ways of funding (CPT codes)
• Salary
  – Similar to special educators & social workers (Gfeller & Davis, 2008)
  – “relatively inexpensive” (Tang, Yao, & Zheng, 1994, p. 38)
  – Mean salary in FL: $44,219 (AMTA, 2013)
    • FSH & TMH = lower than FL mean
    • Variety of programming + $ = MT as a best buy
References


Questions?
Thank you!
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