

Creative Connections FAQ Sheet

The ORU Music Therapy Clinic is offering group sessions for adolescents, adults, and older adults to enhance intergenerational socialization, communication, and collaboration. Clients will engage in evidence-based, success orientated, and interactive music making experiences to enhance social awareness and empathy.

Eligibility

Junior and senior members are invited to participate:

Junior Members	Senior Members
13- 29 years old Typically developing or have a developmental disability Clients should be able to display the following skills: <ul style="list-style-type: none"> • Complete most activities of daily living independently • Follow verbal direction • Engage in verbal communication 	30 years and older Diagnosis: neurologic/geriatric disorders, Special needs Needing emotional support

Screening Process

The client’s parent or guardian is asked to participate in a 20-minute initial consultation over the phone or via zoom with a board-certified music therapist or intern. The phone call will be focused on learning about the client’s strengths and areas of growth to evaluate their eligibility for this group.

Group size

Groups will consist of 3-6 clients with at least one junior member and one senior member.

What will clients do during the session?

The sessions will be led by a board-certified music therapist and assisted by a music therapy intern. Clients will engage in evidence-based music therapy interventions focused on enhancing target goals. Interventions will include:

- **Music in Psychosocial Training and Counseling (MPC):** MPC focuses on psychosocial training which uses guided music listening, musical role playing, and expressive improvisation or composition exercises. It uses musical performance to address issues of mood control, affective expression, cognitive coherence, reality orientation, and appropriate social interaction to facilitate psychosocial functions.
 1. **MPC Mood Induction and Vectoring (MPC-MIV):** Clinical improvisation exercises are used to aid the development of social and emotional functioning, such as mood modification, interpersonal communication, and expression of emotion.
 2. **MPC Social Competence Training (MPC-SCT):** MPC gives clients the opportunity to utilize music as a method of aiding the development of skills necessary for appropriate and useful social interaction. Music is used to allow the client to directly practice the various non-musical behaviors used while interaction with other people.
 3. **Music-Centered Psychotherapy (MCP):** MCP provides clients ample opportunities of self-expression (e.g., inner conflicts, emotion, undefined thoughts, etc.), self-awareness, mood management, and coping skills for anxiety, depression, anger, trauma, and high level of stress. MCP includes various music making experiences such as song writing,

song lyric analysis, improvisation, music & imagery, music & art, and music focused relaxation.

Clients will work towards an “**end of the semester project**” which will include a music project representing the various music-making experiences throughout the semester.

How much do music therapy sessions cost?

Sessions are \$12. Payment can be made online or through check each week or in a lump sum.

How long is the music therapy session?

Each group meets once a week for 45 minutes for the duration of an academic semester. One semester is approximately 8-15 weeks.