



## MUSIC THERAPY ED

# Spontaneous Songwriting with Hannah Monaghan, MT-BC

*Special thanks to Hannah for her time and energy this week as she presented to our team with strategies in songwriting for clients! **Her amazing presentation with awesome resources has all of our team members excited** to use new interventions and techniques in our practices! ~ Alliance Music Therapy*

*[The presentation] worked so well and the feedback was great. **We are looking forward to having you here again!** ~ Great River Regional Library Staff*

### **DESCRIPTION:**

This course covers a basic demonstration of how to improvise songs with lyrics instantaneously with your clients. It provides introductory information on how to assess client needs and implement appropriate levels of structure to accomplish client-led creative expression. Spontaneous songwriting can be overlooked in the wealth of known/pre-recorded songs, lyric completion interventions, song adaptation, and traditional songwriting, but is a unique approach that provides highly rewarding, highly motivating experiences for clients as they are supported by the MT-BC. As these skills are applicable to a myriad of client populations, it serves any potential client for whom improvisational songwriting is appropriate, as well as the therapist working with them.

You will walk away with:

- **An introduction to lyric improvisation; what it is and how to apply it in sessions**
- **2 + clear intervention prompts and the skills to adapt them to the client's needs**
- **Discussion of relevant goals and objectives that can be addressed using this style, and how to design interventions for each**

### **BOARD CERTIFICATION DOMAINS:**

By the end of the class:

III.A.5.g. : Participants will make progress on clients' therapeutic goals by improvising on 2 songwriting prompts, using preferred instruments



**PREREQUISITES:** Facebook profile is recommended, not required. The course forum is held in a Facebook group.

**INSTRUCTOR QUALIFICATIONS:**

I am Hannah Monaghan, MT-BC, a music therapist in Minneapolis, Minnesota and I have a deep passion for lyric improvisation and spontaneous songwriting. It has been a rewarding process to incorporate my clinical work and professional skills into a streamlined and educative product that gives back to the music therapy community. This topic is central to my practice and is an area that is ever growing and continuously challenging and rewarding for clients and therapists.

I've had a wide range of experience implementing spontaneous songwriting with various populations including children, adolescents, and adults with developmental or behavioral disabilities, older adults in hospice, individuals experiencing Alzheimer's disease and dementia, and school age and community based services.

My passion for music therapy stems from a lifetime interest in singing and playing with ensembles and writing and performing music. Alongside of this I have developed a deep interest in psychology and social sciences. I had the opportunity in Auckland, NZ to adapt to music therapy telehealth and a range of digital clinical services in the face of the COVID-19 pandemic. I completed my internship and exam to become a certified music therapist in September 2020.

I currently serve in the Minneapolis metro area, working with clients with dementia, ASD, developmental disabilities, mental health diagnoses, and more in both individual and group sessions.

Outside of my passion for listening to and making music, I am also an avid cook, DIY project enthusiast, and rock climber.

**FORMAT:**

The course will take place LIVE over zoom, with a recording available immediately after the session. You do not have to attend the live session in order to participate. You can watch recording instead. There may be short prerecorded videos included in the class materials as well.

Live Zoom presentation (100 min)

- applications in practice and how to build new interventions
- three levels of structure and case studies in each (60 min, approx 20min each)
- Live experiential and discussion/questions



Final Eval

- *Final Evaluation (10 minutes)*

**Total video time: 110 minutes**

**Number of CMTEs: 2**

**Price:** \$27 per month for non-members (included in VIP membership)

**Refund Policy:** Within 30 days of your payment, if you are not 100% completely satisfied we will gladly refund your money - no questions asked. CMTE class and VIP Membership payments after 30 days are final sale only. Send an email to [Info@MusicTherapyEd.com](mailto:Info@MusicTherapyEd.com) for more information. By signing up for a CMTE class or VIP Membership, you understand that you may cancel your membership at any time through your MusicTherapyEd.com account under "Billing," or by sending an email to [Info@MusicTherapyEd.com](mailto:Info@MusicTherapyEd.com).

**CBMT Relationship:** Spontaneous Songwriting is approved by the Certification Board for Music Therapists (CBMT) for 2 Continuing Music Therapy Education credits. MUSIC THERAPY ED, Approved Provider #P-110, maintains responsibility for program quality and adherence to CBMT policies and criteria.