



## Spontaneous Songwriting with Hannah Monaghan, MT-BC

*This course **takes the fear and mystery of improvisation out of songwriting** and provides a practical way to apply it with various populations in the real world. – Lindsay M., MT-BC*

*A very helpful course for anyone who struggles with vocal improvisation, creating in the moment with clients. Hannah has provided a lot of info on how to facilitate different experiences. – Lisa W., 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*

### DESCRIPTION:

Break free from the monotony of pre-planned sessions and step into the dynamic, presence-based power of spontaneous songwriting. While familiar tunes and lyric substitutions have their place, *real-time songwriting* creates unmatched moments of connection, authenticity, and client-led transformation.

This CMTE gives you the tools to confidently *improvise songs with your clients on the spot*, no matter what your comfort level with voice or guitar. You'll explore how to co-create lyrics and melodies in the moment, using just the right amount of structure to make your clients feel safe, seen, and engaged.

This CMTE combines Part One with the newest Part Two. In **Part One**, Hannah Monaghan, MT-BC shares simple frameworks that helped music therapists move past fears of "getting it wrong," not being skilled enough, or feeling too exposed. The response was so enthusiastic, participants asked for more.

So join us live for **Part Two**, your chance to go deeper. You'll get 6+ clear demonstrations with clinical analysis, fresh songwriting prompts, and practice opportunities to build your confidence and shift from a "do it right" mindset to one of exploration and co-creation.



Whether you've avoided improvisation because it feels awkward or unsure how to start, this class gives you the accessible, judgment-free tools to make it part of your everyday work. Because meaningful therapy doesn't have to be perfectly planned-- it just has to be *present*.

You will walk away with:

- 6+ In-depth and clear demonstrations of spontaneous songwriting with accompanying analyses by Hannah Monaghan, MT-BC, that are ***easy to implement with your clients right away, even if you don't consider yourself a strong singer or guitarist.***
- **50+ Spontaneous Songwriting Prompts** to elicit engagement, ***release the pressure to lead, and empower your clients to take the reins instead.***
- ***A deep sense of self-trust as you walk into your next session,*** having participated in at least one live practice opportunity with peers during ***structured role play scenarios*** (if not attending live, then the opportunities take place asynchronously in a Facebook group)
- ***Relief from hundreds of hours of session planning, knowing you can achieve goals simply with your practiced presence in-the-moment:*** IEP, IDT, behavioral support, motor skills, communication skills, impulse control, symptom management
- ***10 case studies that show how spontaneous songwriting can work*** across populations and levels of structure, so that you are crystal clear in ***shifting your practice to focus on therapeutic presence***, as opposed to spending hours of pre-planning
- ***15 Concrete goal-writing examples and templates***, including strategies for documenting emotional expression and other complex domains

## BOARD CERTIFICATION DOMAINS:

By the end of the class:

II.D.13: Participants will develop and practice at least one spontaneous songwriting experience that will provide structure and therapeutic contour in sessions to support client energy levels, transitioning in or out of session, interaction, etc.

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 this I have developed a deep interest in psychology and social sciences.

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 to participate. You can watch recordings instead. There may be short, prerecorded videos included in the class materials as well.

### **PART ONE**

#### **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



## **PART TWO**

### **Pre-Recorded Content (80 mins)**

- IG Live Workshop Recording (50 mins)
- Interview with Hannah (30 mins)

### **Live Zoom Class #1 (65 mins)**

#### **Action Step #1 (30 mins)**

- Create TWO of your own spontaneous songwriting role play scenarios using the archetypes from your Part 1 handout to bring into the next class session

### **Live Zoom Class #2 (65 mins)**

### **Final Evaluation (10 mins)**

**Total class time: 350 minutes**

**Number of CMTEs: 7**

**Price:** \$95 per month *(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 7 Continuing Music Therapy Education credits. MUSIC THERAPY ED, Approved Provider #P-110, maintains responsibility for program quality and adherence to CBMT policies and criteria.