Developing a Music Therapy Programme within a Person Centred Planning Framework

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Abstract

This report describes the development of a music therapy programme for people with developmental disabilities in a day facility in Ireland. The facility is run by Enable Ireland, a national voluntary organisation, and provides therapies, supports and training for service users. Service provision is organised according to the principles of person centred planning (PCP), a model which places the desires, interests and capacities of each service user at the centre of the decision-making process. As the music therapy programme has developed, the parallels between the music therapy concepts which informed it and the PCP model have become more apparent. The main purpose of this report is to detail the core features and aimed-for outcomes of the person-centred planning process and highlight corresponding concepts from humanistic music therapy, community music therapy and music therapy for empowerment. Implications of coordinating the music therapy programme with the PCP process as implemented at Enable Ireland are also suggested. The core features of PCP are considered highly useful in conceptualising a resource-based, humanistic music therapy programme for people with disabilities. In addition, music-making in its various forms is considered a valuable activity which has the potential to satisfy the outcomes of the PCP model.

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STANDARDIZATION: Music therapy goals, objectives and progress are documented in a treatment plan, following client assessment, and delivered in accordance with the AMTA Standards of Clinical Practice. Music selections and certain active music making activities are modified for client preferences and individualized needs (i.e., song selection and music may vary). This study aimed to determine whether music therapy programs situated within a CBT framework facilitated the exploration of emotions in 24 adults with SUD attending an open group CBT program. In a 7-week trial, the impact of a single music therapy session on participants' emotional experience was assessed. A THEORY OF THERAPY, PERSONALITY, AND INTERPERSONAL RELATIONSHIPS, NOTE: AS DEVELOPED IN THE This document currently requires a final proof reading. CLIENT-CENTERED FRAMEWORK CARL R. ROGERS From: Psychology: A Study of a Science. Study 1, Volume 3: Formulations of the Person and the Social Context, edited by Sigmund Koch. (McGraw-Hill, 1959, pages 184-256) Scanned and formatted to closely match the original in appearance: - All page numbers and page breaks have been maintained.