The Healing Power of Music: Documentary

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The Healing Power of Music: Documentary

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Maren Cline, Robert Walz, Communications

I created a documentary about the clinical use of music therapy intervention. The documentary is an in-depth exploration of two music therapy clients through the intervention process. The American Association of Music Therapy states, “Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”

The documentary shows how a music therapist uses music therapeutic interventions to accomplish individualized goals with two clients. The documentary also shows how the music therapist uses these objectives to promote change in the individuals emotional, behavioral, physical, cognitive, and communication functions.

In addition to documenting the sessions of a music therapist (Melou Stewart Cline) and two of her clients, the documentary also includes interviews with the parents of the two children that are in treatment. In pursuing this project, I loved talking to the parents and listening to the childrens’ stories. The parents understood the power of music therapy and wanted to convey that information to me and to those watching the documentary. The childrens’ stories are powerful in communicating the changes in their lives.

Most people do not understand what music therapy really is. They do not understand the kind of change it can promote and the power that music has as a healing tool—especially with children. This documentary helps bring more awareness about the field of music therapy and its powerful potential for change.

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