

Phoene Cave

# Music Therapy HMP & YOI Bronzefield

# Prison Soundscape



# What is music?

“The reactions which music evokes are not feelings, but they are the images and memories of feelings”

Paul Hindemith, Composer



“Music is a more accessible way of ordering emotion in everyday life than other art forms”

Simon Frith, Mercury Music Prize Chair



“Music breathes – speeds up and slows down, just as the real world does, and our cerebellum finds pleasure in adjusting itself to stay synchronised”

Daniel Levitin, Neuroscientist



# Music therapy provision



- Relaxation / Mindfulness meditation
- Yoga based physical movement Breath and voice work to assist anxiety
- Drawing & creative writing as a precursor to song-writing
- Listening & talking about music to gain a deeper understanding of musical preference
- Instrumental and vocal improvisation
- Song-writing, using acoustic instruments or music technology

# Clinical improvisation



- Invitation - Connection – Communion – Communication
- Listen – Respond – Intervene - Extend
- Reassure – Mirror – Reflect - Dialogue
- Cross modal (all senses) eg a sound reflecting quality of a movement
- Intensity, timing, shape of music making gives quality of feeling

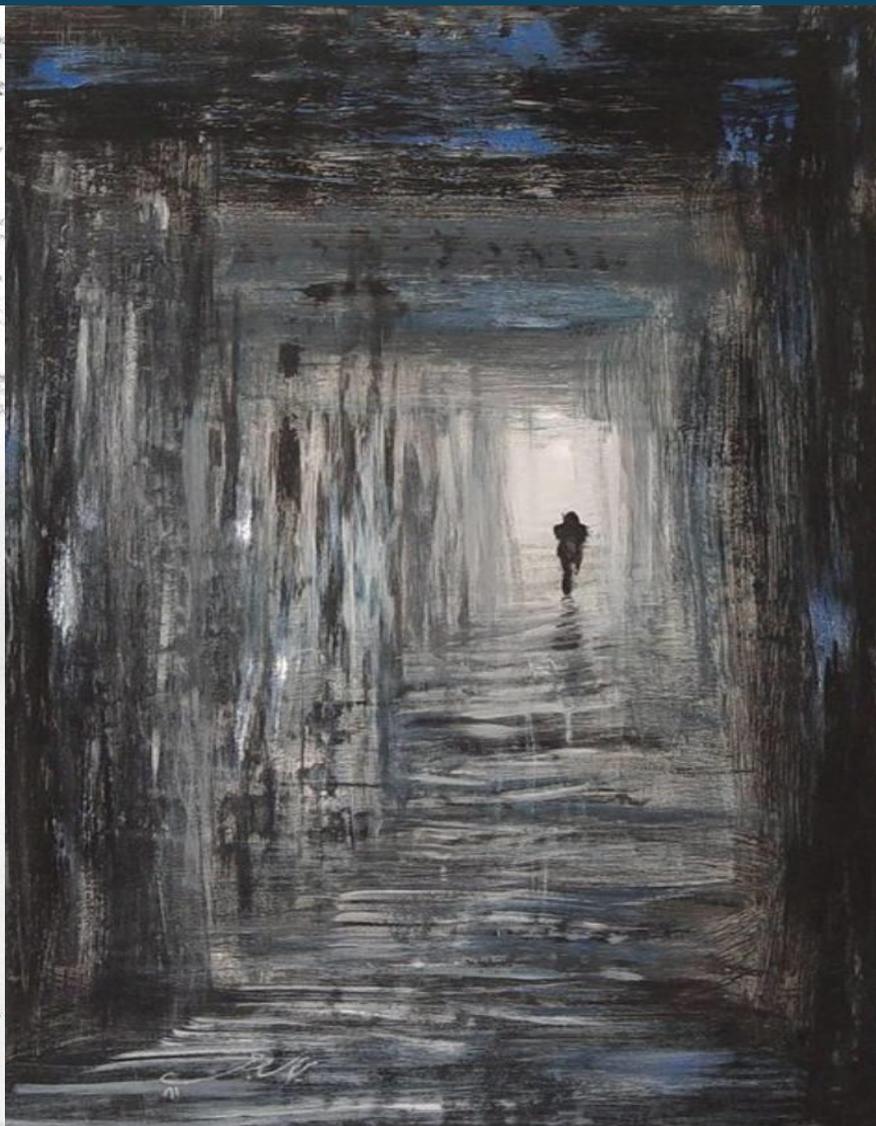
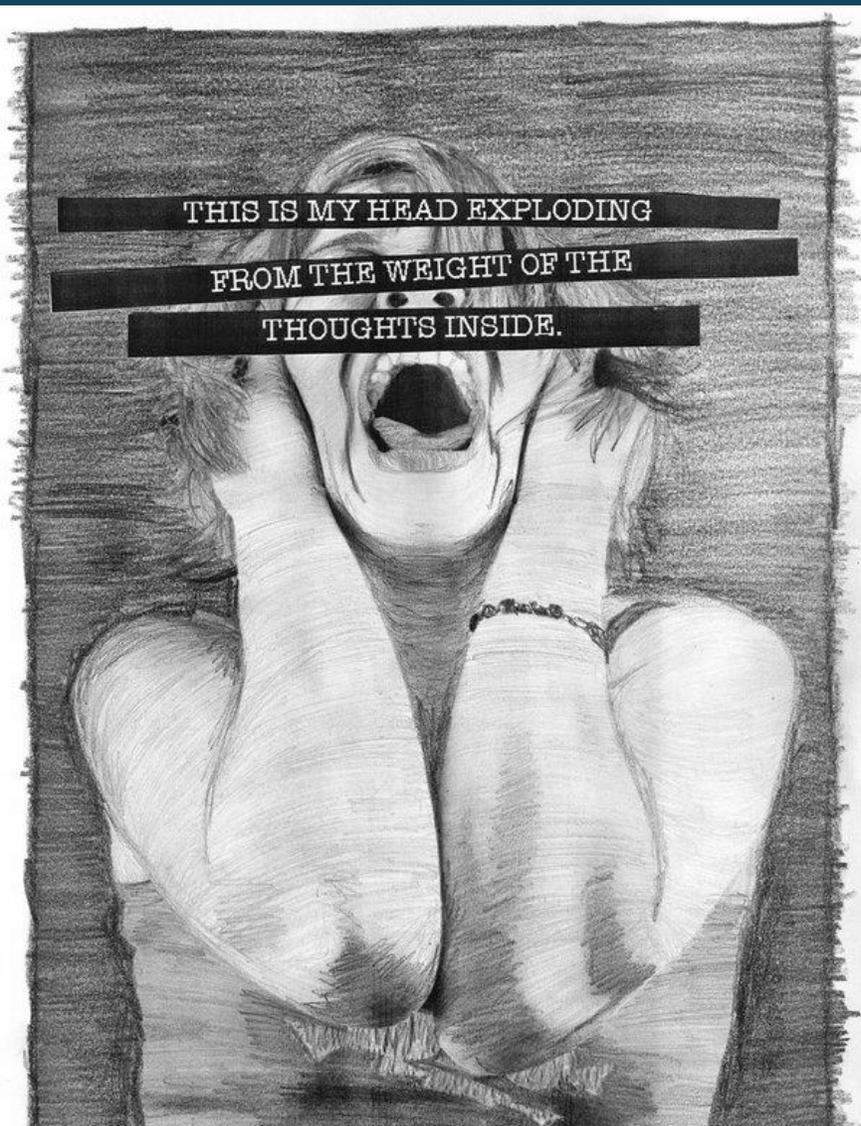
# Music therapy provision



# Groups



# Music therapy (who?)



# Why music therapy?

“The forms of human feeling are much more congruent with musical forms than with the forms of language”

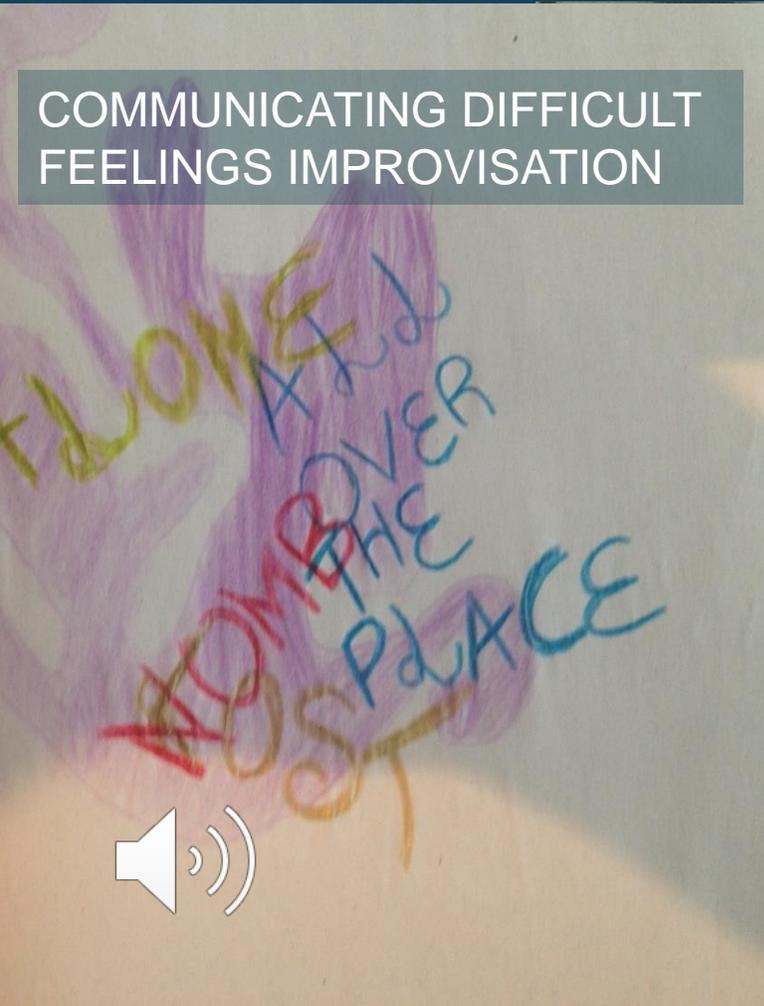
Susanne Langer, Philosopher

“If I’m pissed off I’ll write a really angry song. It’s a different coping mechanism – instead of picking up a blade and slicing myself I pick up a pen and write a song”

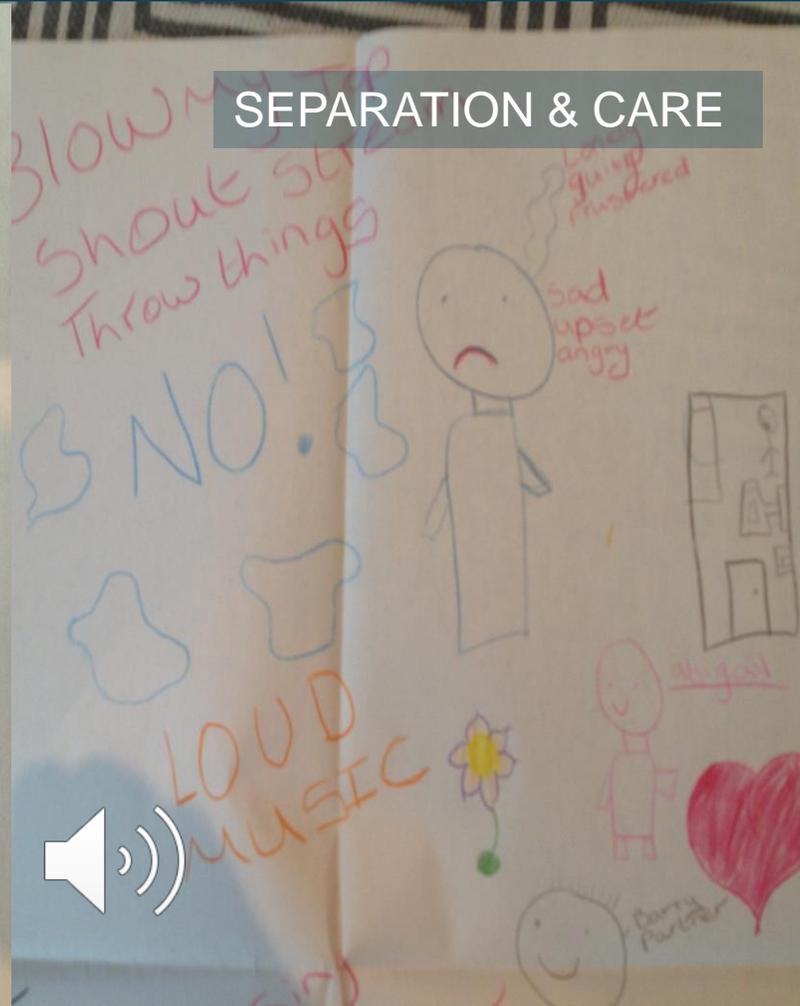
Music Therapy Client, HMP Bronzefield

# Musical Examples

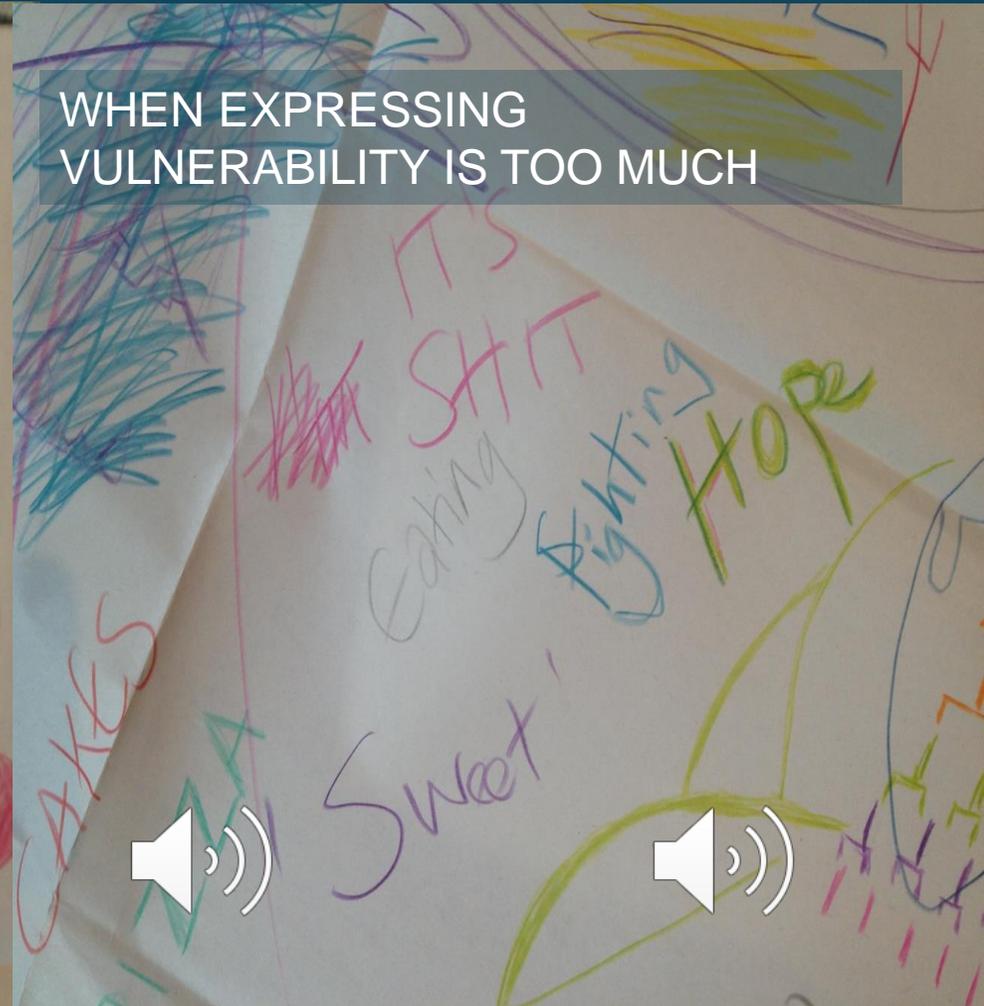
COMMUNICATING DIFFICULT FEELINGS IMPROVISATION



SEPARATION & CARE



WHEN EXPRESSING VULNERABILITY IS TOO MUCH



# Truth & Lies



## Right Mind

I hope she can forget but I'd never expect forgiveness that I can't deserve  
I'll never forgive, I'll never forgive, how I ever had the nerve  
She must be in pieces, I'm sorry, this is too late to see this,  
Both cruelly ensnared, couldn't bear him not to care  
I confess my sin, I was too caught up in him  
She was worth so much more than 10 of us & even more  
The guilt is overwhelming, she's not OK  
I'll pray for her everyday  
Let her pull through with strength from the best  
For she only deserves happiness, no less

# Reflections



I do not think that I would have made it through the first 5 months without your support. I had no idea what music therapy might entail. Stupidly I thought it would be just like a music lesson. How wrong I was! It was an unexpectedly profound experience. I did not know that I could open up the way I did. Thank you from the bottom of my heart

You have helped me change my whole way of life. I couldn't have done it without you. I am more confident in myself because of music therapy. I have noticed whether I am in a good mood or not through the tone of my voice and I can be myself for the first time in my life

# Reflections



Music therapy drew out the real me – not teaching stuff, just letting me say about my life as it is and work with that. Great to achieve. Thank you for your patience and perseverance and for helping me create music that is very special to me

Music therapy has helped me in so many ways and provides a safe place that isn't about being in prison. Singing and improvisation give me a way to channel and work through my emotions and what's going on in my head. I tend to disassociate and my sessions really ground me and I am more aware of myself and my surroundings. My confidence and self esteem has grown which took me by surprise.

# Untitled



# Further reading

Music Therapy and the Resettlement of Women Prisoners: A mixed method exploratory study, Helen Leith (2014)

Diary of a Baby, Daniel N Stern (1998)

Music Therapy Intimate Notes, Mercedes Pavlicevic (1999)

How Music Helps, Gary Ansdell (2014)

The Music Instinct, Philip Ball (2010)

Forensic Music Therapy, Stella Compton Dickenson, Helen Odell-Miller & John Adlam (2013)

Musicophilia, Oliver Sacks (2007)

Music therapy with sexually abused children, Jacqueline Robarts (2006) in *Clinical Child Psychology and Psychiatry* Vol 11(2): 249–269