



Music Therapy for Children, Adolescents, and Adults with Mental Disorders

Barbara J. Crowe MMT MT-BC, Cynthia Colwell PhD MT-BC

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Whether new to the profession or an experienced clinician, this text provides a wealth of state-of-the-art information for undergraduates, graduates and professionals. This volume covers the wide range of mental disorder diagnoses including psychotic disorders, eating disorders, anxiety disorders, depression, and personality disorders and addresses specific populations such as forensic and drug and alcohol rehabilitation. How music therapy is used within each model is explored, including music psychotherapy, rehabilitation, behavioral approach, and transpersonal therapy. Detailed information is provided on assessment tools and music therapy interventions including drum circles, vocal psychotherapy, music and imagery, and music psychotherapy techniques. Music therapy has been used for people with mental disorders since the inception of the profession, dating back to the beginning of the twentieth century. Early music therapy was developed and shaped in psychiatric treatment centers. Work in hospitals, day treatment centers, group homes, and mental health rehabilitations centers still constitutes a significant percentage of employment opportunities currently. This cutting-edge resource is a necessity for anyone working in mental health today.

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