Objectives

- Integrate the use of music therapy with grief theory for the formation of bereavement groups that will provide education and support to those who are grieving.
- Recall 3-4 demonstrated examples of music that can be used for inviting those who grieve to explore feelings, express emotions and find meaning in their grief journey.
- Utilize multiple practical preparation, presentation and evaluation tips and techniques for grief group facilitators to better ensure a group’s ability to be a positive and healing experience for those who attend.

Grief Method

- The Modern Grief Context
- Journey of the Soul
- Grief is Not an Illness
- Story as Method
- Shared Journey of Experience
Music Therapy Theory

- Music Therapy Definition
- Humanistic, Person-Centered
- Role of Music Therapist

Method and Experience

- Premise for Invitation
  - Date of death
  - Relationship with deceased
  - Signs and symptoms of grief
  - Intention of commitment
  - Understanding of support vs therapy
  - Exploration through various mediums
  - Printed curriculum

Purpose and Agreed Rules for Participation

**Purpose:** To create a safe place for people to do the work of mourning in a way that allows for the reconciliation of loss and to develop the ability to go on to find continued meaning in life and living.

**Rules:**
- Unique grief
- Grief not an illness
- Listening as well as talking
- Safe place to share
- Equal time
- Avoid offering advice

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*The Understanding of Your Grief: Support Group Guide*
- Alan D. Wolfelt

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*Interim Hapless Grief Group*
- For those who have experienced a death
The Role of Grief Method

- Model and encourage the "tending to" of grief
- Companion on the Journey
- Empathetic Listener
- Co-learner
- Role of Bereavement Support (encourage a place of sanctuary or shelter)

The Role of Music

- Music as Companion
- "Trickster"
- Music can meet or invoke or provoke
- Creative modality
- Role of MT-BC

Flexibility in Structure

- Companion as primary dynamic
- Incremental movement
- Ongoing clinical assessment
- Resisting the urge to address
Music Experiences

- Song lyric analysis and discussion
- Song re-creation
- Structured songwriting
- Referential improvisation

Looking for:
- Participation
- Observed/articulated responses
- Contact with facilitators outside of session

Theme: Journey

- Pilgrimage
  - fatigue
  - restlessness or sleeplessness
  - wandering
  - waves of emotion
- Liminality
  - in between
  - none of the normal rules apply
  - inward exploration
- "Communitas"—anti-structure
  - equality
  - solidarity
  - togetherness

Theme: Journey

- Presentation of Experience
- Images and pictures
- "Your Long Journey" by Robert Plant and Alison Krauss
- Qualities of the music
- Possible limitations of lyrics
- Assessment
  - Emotional responses, physiological responses, spiritual responses, etc.
- Creating relationships
Play song....

God’s given us years of happiness here
Now we must part
Our shadows come and call for you
The stars slumber in a fold of my heart
Oh my darling
My darling
My heart breaks as you take your long journey
Oh the days will be empty
The nights so long without you my love
And when god calls for you I’m left alone
But we will dwell in heaven together
Oh my darling
My darling
My heart breaks as you take your long journey
Fond memories...
Fond memories I’ll keep of happy ways
I held you in my arms so well
You wept on my shoulder
As one in heaven in the family of god
Oh my darling
My darling
My heart breaks as you take your long journey

Fond memories...
Fond memories I’ll keep of happy ways
I held you in my arms so well
You wept on my shoulder
As one in heaven in the family of god
Oh my darling
My darling
My heart breaks as you take your long journey

Songwriters: Doc Watson / Rosa Watson
Your Long Journey lyrics © Downtown Music Publishing

Responses

- Lyric Analysis and Discussion
  - Music
  - Words/Phrases
  - Subject
  - Speaker
  - Accuracies and Inaccuracies
Bereavement Assessment

- Identifying signs/symptoms of grief (sleeping and eating pattern changes, loss of concentration, anger, fatigue, confusion, and more)
- Identify updates to Plan of Care including measurable interventions/goals
- Referrals beyond scope of hospice bereavement POC

Observable Signs and Symptoms of Grief

- Articulated speech
- Lack of apparent interaction/stoic (just because you don’t express feelings doesn’t mean there are none to express)
- Body language
- Tears
- Anger
- Interaction with interventions offered [%]
- Impatience

Theme: Journey

- “Gratitude”
- Supportive Music Imagery: “Secret Garden,” Papillon
- Specific music chosen
- Guiding Script by MF-BC
Mandala

Music Therapist Assessment
- Measurable goals and interventions
- Bereavement POC documentation
- Future experiences based upon observed responses
- Identifying companion music pieces that “tend to” grief expressed
Theme: Journey

- "The River" by Garth Brooks
- Why?
- Visual – Draw river and scene
- "Grief Map"
- Observed responses
- Actively listened to description
- Observed mutually

The River
Garth Brooks

You know a dream is like a river
Ever changing as it flows
And the dreamer's just the vessel
That must follow where it goes
And never knowing what's in store
Just to stay between the shores. And I will sail my vessel
'Til the River runs dry
Like a bird upon the wind
These waters are my sky
I'll never reach my destination
If I never try
So I will sail my vessel
'Til the River runs dry.

Too many times we stand aside
And let the waters slip away
'Til what we put off to tomorrow
Is now become today
So don't you sit upon the shoreline
And say you're satisfied
Choose to chance the rapids
And dare to dance the tide.
And I will sail my vessel
'Til the River runs dry
Like a bird upon the wind
These waters are my sky
I'll never reach my destination
If I never try
So I will sail my vessel
'Til the River runs dry.

Yes I will sail my vessel
'Til the River runs dry
Like a bird upon the wind
These waters are my sky
I'll never reach my destination
If I never try
So I will sail my vessel
'Til the River runs dry.

Yes, I will sail my vessel
'Til the River runs dry
'Til the River runs dry
'Til the River runs dry.
Maslow’s Safety vs Growth

Safety → Person → Growth

Coming Full Circle

- Re-examination of journey imagery
- Reflection upon group/individual experience
- Where do we go from here?
- Reconciliation
BIBLIOGRAPHY


