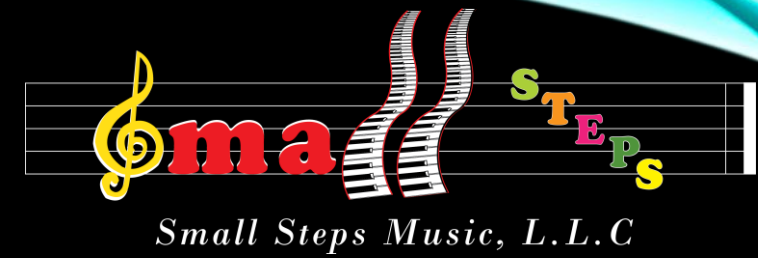




ACTIVITY CPR:

Creating, Planning, and Repurposing



Presentation slides and resources available at:

www.smallstepsmusicllc.com

Click “Just for Music Therapists”-
Presentation Handouts



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A Little About Me

IMPLICATIONS FOR MUSIC THERAPISTS

Board Certification Domains (2015)

I. Referral, Assessment, and Treatment Planning:

D. Treatment Planning

6. Establish client goals and objectives that are:

- a) achievable.
- b) measurable.
- c) realistic.
- d) specific.
- e) time-bound.

10. Design music therapy experiences that address client goals and objectives based on available research; clinical expertise; and the needs, values, and preferences of the client.

II. Treatment Implementation and Termination:

A. Implementation

To achieve therapeutic goals:

z. use creativity and flexibility in meeting client's changing needs.

III. Ongoing Documentation and Evaluation of Treatment:

B. Evaluation

8. Consult with music therapy and non-music therapy professionals.

IV. Professional Development and Responsibilities:

A. Professional Development

1. Assess areas for professional growth and set goals.

CREATING

Creativity:

1. The use of the imagination or original ideas
2. A phenomenon whereby something and somehow valuable is formed

CREATING The Willy Wonka Effect



CREATING

Flexibility:

1. The quality of bending easily without breaking
2. The ability to be easily modified
3. Willingness to change or compromise

CREATING

Person vs. Activity



CREATING

The quality of
bending easily
without breaking

The ability to be easily
modified

Willingness to change
or compromise

Person....
More specifically
your nerves

Activity

Person

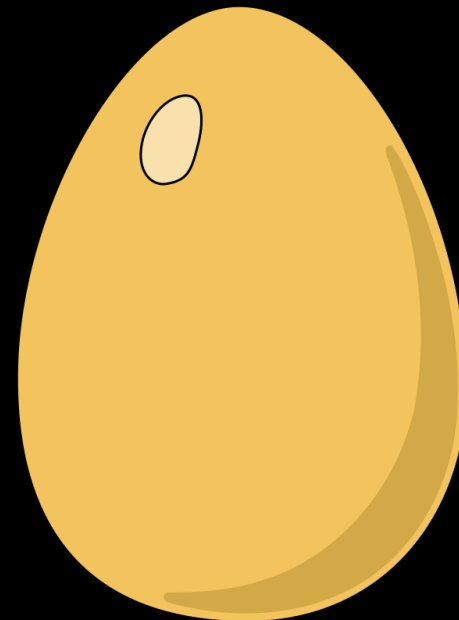
PLANNING

Materials and Resources:

- Websites
- Books
- Teachers
- Other Disciplines
(i.e. OT, PT, Speech, etc.)
- Specialists
(i.e. Developmental
Pediatricians, ABA
Therapists, Social Workers)

Which came first?

PLANNING



PLANNING

STOP & THINK....

Which one of these do you start with when planning an activity?

OBJECTIVE

MUSIC

THEME/TOPIC

Are you a long-range or short-range planner?

PLANNING

So....What are things to consider when creating an activity?

GOALS & OBJECTIVES

Age

Time Frame

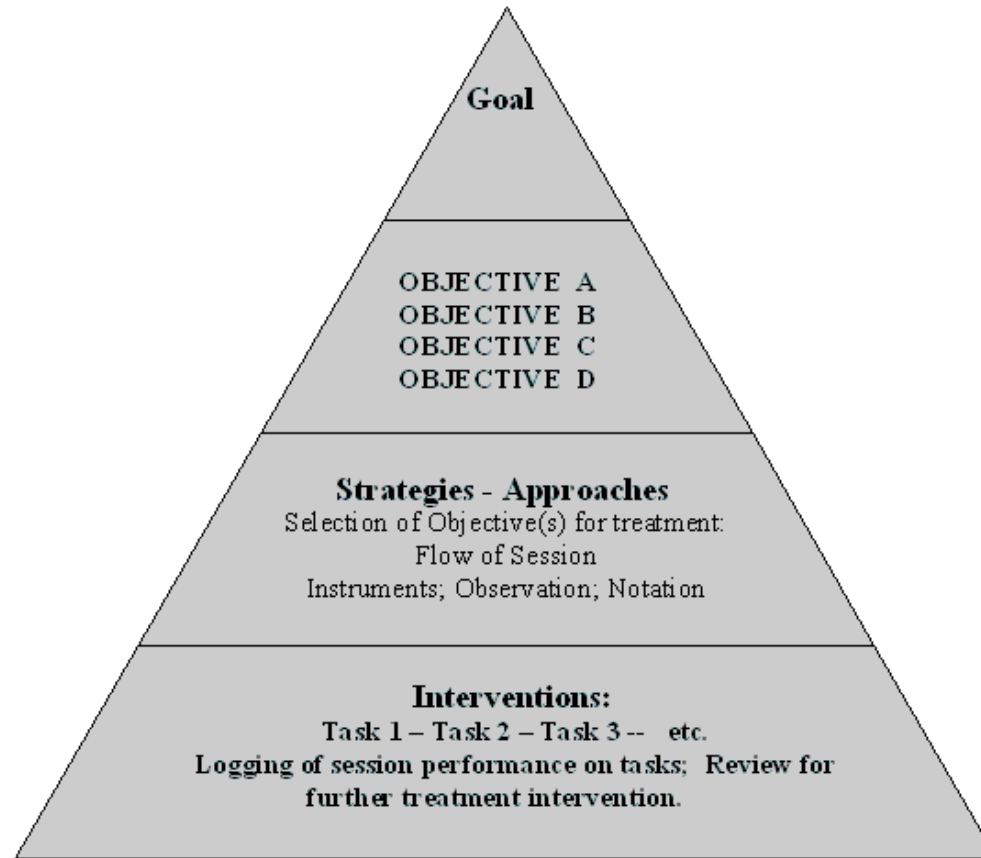
Setting

Population

Activity Categories

Domains

PLANNING



GOALS are the end result you wish to achieve and attain through clinical treatment of music therapy.

OBJECTIVES are the “highways” you need to travel in order to reach the end result - the GOAL.

STRATEGIES are the “vehicles” that will travel the highways to reach the goal: what needs to be done, for how long per session; how often for results; what needs to be expanded/reduced; and more.

INTERVENTIONS: The preparations and input (tasks) that are based on the strategies for addressing the objectives in order to reach the end result.



Small Steps Music, L.L.C

Berger, D. (2009). On Developing Music Therapy Goals and Objectives©. *Voices: A World Forum For Music Therapy*, 9(1).
doi:10.15845/voices.v9i1.362

PLANNING

It's easy to assign a goal or an objective to an activity AFTER you create it....

Good Idea?

Bad Idea?

Discussion Time!

PLANNING

Are your objectives



Specific

PLANNING

Measurable

Attainable

Realistic

Time-Based

PLANNING

Activity Categories

Movement
Instrumental
Vocal
Listening
Musical Drama

Domains

Cognitive/Academic
Social/Emotional
Motor (Gross & Fine)
Communication
Sensory
Musicality

PLANNING

Activity Plan Template

- Title of Activity
- Goal(s)
- Objective(s)
- Population
- Sources
- Setting
- Adaptations
- Extensions
- Step by Step Instructions
- Materials

REPURPOSING

Repurpose:

1. Adapt for use in a different way
2. To give a new purpose or use to

REPURPOSING

Think Flea Market Flip



REPURPOSING

Reinvent:

1. To change something so much that it appears entirely new
2. To make as if for the first time something already invented

REPURPOSING

- Think Magical!



REPURPOSING

My Examples of Repurposing an Activity:

- Passing Game
- Circle Drums/Hand Drums
- Scarves
- Atomus HD
- Say Your Name Opening

REPURPOSING

When repurposing or reinventing,
you need to consider:

- The original goal and objective
- The original age/population
- What category of activity?
- What domain?

REPURPOSING

It's Your Turn!

What activities do you use
that need a little CPR?

RESOURCES

- Berger, D. (2009). On Developing Music Therapy Goals and Objectives©. *Voices: A World Forum For Music Therapy*, 9(1). doi:10.15845/voices.v9i1.362
- Doran, G. T. (1981). "There's a S.M.A.R.T. Way to Write Management's Goals and Objectives", *Management Review*, Vol. 70, Issue 11, pp. 35-36.
- Goodman, K.D. (2007). *Music Therapy Groupwork with Special Needs Children: The Evolving Process*. Springfield, IL: Charles Thomas Publisher, Ltd.





QUESTIONS, COMMENTS, OR CONCERNS?

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