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Titolo	Adolescents, music and music therapy [[electronic resource]] : methods and techniques for clinicians, educators and students // Katrina McFerran
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley Publishers, 2010
ISBN	1-283-90506-X 0-85700-376-3
Descrizione fisica	1 online resource (306 p.)
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Soggetti	Music therapy for teenagers Teenagers - Mental health
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Nota di bibliografia	Includes bibliographical references and indexes.
Nota di contenuto	FRONT COVER; Adolescents, Music and Music Therapy: Methods and Techniques for Clinicians, Educators and Students; Contents; ACKNOWLEDGEMENTS; AUTHOR'S NOTE; Foreword; Introduction; PART ONE: Background; Chapter 1 Taking a Systematic Look at the Literature; Chapter 2 The Real Deal on How to Work with Adolescents; Chapter 3 What is Healthy Adolescence and How does Music Help?; PART TWO: Song Methods and Teenagers; Introduction; Chapter 4 Using Existing Songs; Chapter 5 Writing Original Songs; PART THREE: Using Improvisation with Teenagers; Introduction; Chapter 6 Group Imp Chapter 7 Individual ImprovisationsPART FOUR: Contemporary Approaches; Introduction; Chapter 8 Community Music Therapy; Chapter 9 Four Brief Approaches to Grief; Chapter 10 Preparing for Performances; Conclusion; APPENDIX: LIST OF LITERATURE REVIEWEDFOR CHAPTER 1; REFERENCES; SUBJECT INDEX; AUTHOR INDEX
Sommario/riassunto	Helpful and accessible, the book explains the methodology used in music therapy, a topic that has been considered only briefly until now. The author presents an empowering approach to practice, discussing how the therapist can be placed in a collaborative relationship with the individual or with the group.