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Titolo	The use of voice in music therapy // Kelly Meashey
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Nota di contenuto	Chapter 1. Introduction -- Chapter 2. Using the Musical Elements -- Chapter 3. Exploring Your Own Vocal Range/Limits -- Chapter 4. Improvisation -- Chapter 5. Simplifying the Voice When Working with Clients -- Chapter 6. Vocal Identity and Self-Expression -- Chapter 7. Ethics of Self-Awareness for Vocalists -- Chapter 8. Methods for Awareness of Therapist/Client Dynamics -- Chapter 9. Goal Areas and Methods -- Chapter 10. Maintaining Goals as the Focus -- Chapter 11. Sense of Unity (Group Cohesion/Individual Connection) -- Chapter 12. Stress Reduction/Relaxation -- Chapter 13. Cognitive Behavior, Rational Thinking, and Emotional Regulation -- Chapter 14. Self-Expression and Communication -- Chapter 15. Support for Emotional Pain -- Chapter 16. Support for Physical Pain -- Chapter 17. Social Interaction and Relationship-Building -- Chapter 18. Cognitive Development -- 19. Physical Development -- Chapter 20. Psychotherapy.
Sommario/riassunto	Use of Voice in Music Therapy provides hands-on methods for how to sing with clients. With step-by-step instructions for working with any population (verbal or non-verbal), it includes scripts for introducing techniques, original music to give creative direction, as well as a large list of song material. Mini case examples throughout will further inspire therapists to introduce various singing methods with clients. The methods are organized under goal areas such as: Stress Reduction,

Self-expression, Social Interaction, Cognitive Behavior Therapy, Cognitive Skills, Support for Emotional and Physical Pain, etc. It includes a Toolbox section describing each technique so they can be shifted and used under any goal. There is also research to legitimize and support the therapist's understanding of the effectiveness of therapeutic singing as well as bolster confidence when utilizing methods. Basic vocal exercises, improvisation exercises, exercises to develop one's vocal identity, and exercises which encourage self-awareness are provided in the Therapist Training section as well as ethical considerations of singing with clients. An excellent resource for educators to use in teaching music therapy methodology, and music therapy voice, Use of Voice in Music Therapy is also useful for clinicians of all levels who wish to re-connect with singing and who are looking to renew creativity in clinical practice. Voice teachers and vocalists may find helpful ideas.
