



***How to Use Music for the Soul
For Counselors & Therapists***

The songs in the Music for the Soul catalog are tools for the clinician's toolbox

In Individual Therapy to:

- Open a discussion
 - Elicit an emotion
 - Break the ice
 - Create a safe place for the client
 - Soften a resistant heart
 - Help build trust while establishing the therapist-client relationship
 - Help build a bridge of empathy and understanding between the therapist and client
 - Help break down walls of defense
 - Overcome denial

- Reinforce a message
 - Help process an idea
 - Create better retention of a message through the memory power of a song
 - Use as a take home piece for continued listening and to help solidify and retain what is discussed in session
 - In conjunction with or instead of reading materials - many clients won't read, and may find it easier to listen to music.
 - As "homework" to encourage journaling, art, movement, etc.
 - Work with a client to find scripture connected to the lyrics.
 - Use in conjunction with EMDR to amplify healing – (correct EMDR audio set required)

- NOTE: Self-disclosure, when appropriate, has sometimes become easier for the professional through the use of these resources.

In Group Therapy to:

- Set the tone before a session begins
- Prompt discussion through group members sharing responses to a song
- Conclude the meeting and send everyone off with a message in mind
- Starting a new group – using a song to establish a sense of the direction for the participants, giving them hope, and something to work towards
- Help with role playing
- As a cleansing break either after working with reading materials or a time of discussion. Clients can close their eyes and let the song wash over them
- Give “homework” to encourage journaling, art, movement, etc.

NOTE: These songs have also proven very effective at conferences, topical retreats, and workshops.

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For more information: including the **brain science** that supports the use of music in the therapeutic process please read chapters 3 & 4 of our [Healing Music Guide](#)

If you download our songs to create your own library, please feel free to share files with clients. Of course, the streaming option is also always available.

Finally, we encourage you to be creative in your use of the Music for the Soul resources.

We often receive feedback from clinicians who have used these materials in new and inventive ways. We'd love to hear how you've incorporated our resources into your ministry or practice! And any results you'd be willing to share.

God bless you as minister and serve.

Sue Foster, M.A., Licensed Marriage and Family Therapist
Steve Siler, Executive Director, Music for the Soul, Inc.

www.musicforthesoul.org

