



Involving Senior Citizens in Group Music Therapy

Joseph Pinson

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This practical guide to running music therapy groups with senior citizens provides effective strategies that encourage therapists to be creative and engaging, and involve participants fully in the music-making process.

Ideal for those working with older people in assisted living or nursing care homes, the book covers initial assessment, setting measurable goals, and evaluating progress; discusses current music therapy techniques; and offers an improved plan of intervention. The author explains how to choose or create music that is accessible to this age group, designing strategies that utilize cognitive, motor, social-emotional, and music skills to the fullest. The book provides useful original music and shows readers how to compose their own songs that relate to the experiences of the group they are working with, emphasizing shared common interests and enjoyment in the moment.

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