

## **Developing the Creative Use and Therapeutic Application of Movement in Music Therapy**

### **Why movement?**

-strong links between the cerebellum and memory, spatial perception, language, attention, emotion, nonverbal cues, and even decision making.

### **Different usages of movement:**

Impact physical and motor skills

- pre-skills
- balance/coordination
- fulfilling sensory needs
- usage
- range of motion
- flexibility and smoothness of movements

Enhance experiences/enhance learning

Develop non-verbal communication

Develop speech and language

Self-expression

Abstract thinking

Creative outlet

Cognitive sequencing/executive functioning

Rehabilitation- melodic intonation therapy, gait training, etc.

Build social skills- initial social skills, to expression, classroom skills, conflict management, social relationship skills, decision making and problem solving skills

Interrupt negative behavior (OCD, Tourette's)

Performance

**Music Examples used:**

<b>Song</b>	<b>Artist</b>	<b>Album</b>	<b>Target movements</b>
Rovin' Gambler	Varnish Cooks	Father, Get Ready When He Calls You	Fitness and energy; body warm-up <a href="http://www.benproctor.com/varnishcooks/">http://www.benproctor.com/varnishcooks/</a>
Magic Shoes	Wade Richards	Time for Music: Vol.1	Start and stop; locomotion
Rock n' Stop	Eric Chappelle	Music for Creative Dance	Start and stop; freeze and make a shape; different pathways (one-direction, turns, curvy, zigzag)
Dance of the Amazon	various artists for Pier 1	Global Eclections	Levels; sequencing movements; use of voice (high, low); circle dance; instruments (shakers, bells, scarves)
Three Little Birds	Cedella Marley (love this version!)	World Playground	choreographed circle dance with arm movements
A Tale of Two Villages	Eric Chappelle	Music for Creative Dance	Stationary/locomotion
Chirpa, Chirpa	Eric Chappelle	Music for Creative Dance	Balance; partners
Memories Are Made of This	Dean Martin	iTunes	Choreographed-simultaneous movements
Magic Moments	Perry Como	iTunes	Choreographed and creative dance elements; client leader
Simple Gifts	Alison Krauss and Yo-Yo Ma	Classic Yo-Yo	Echo movements; breathing
The Swan	unknown	Carnival of the Animals	partner mirroring or group mirroring (passing the leadership role)
In the Pines	Varnish Cooks	Father, Get Ready Father, Get Ready When He Calls You	creative drama with art; what happens before & after a picture representation
Potter Waltz	The City of Prague Philharmonic Orchestra	Music from the Harry Potter Films	Laban guided creative dance; spin & reach/up & down/twirl fold & pop/slice

Season of Love	Wade Richards	Time for Music with Children	Sign choir (celebrate, season, love, you, me, everyone, Christmas, Hanukkah, Kwanza)
So Many Stars	Sarah Vaughan	Brazilian Romance	Layers of sign (stars, sky, morning, dream, music, wind, eyes, heart, smile)
E Papa	Kiri Te Kanawa	Maori Songs	Levels/solo to group; counting and four corners and four compass directions
Sway	Michael Buble	iTunes	Choreographed line dance (basic cha-cha step, sidestep, cross, half turn, kick, full turn, back step)

Additional Resources:

- Creative Dance for All Ages by Anne Green Gilbert
- [www.laban.org](http://www.laban.org) – information about Rudolph Laban and the Laban Movement Analysis (LMA)
- westmusic.org – Weikart Rhythmically Moving series and Chappelle Music for Creative Movement series