

Music Therapy for Emotional Exploration

GOOD FOR TEENS WHO:

- ENJOY MUSIC
- STRUGGLE TO VERBALIZE FEELINGS
- GET "STUCK" IN A MOOD
- MOOD REGULATION DIFFICULTIES
- HIDE/ RUN AWAY FOR DIFFICULT SITUATIONS

DATES:
SEPT 13TH
SEPT 20TH
OCT 18TH
OCT 25TH
NOV 1ST
NOV 8TH
NOV 15TH
NOV 29TH
DEC 6TH
DEC 13TH
DEC 20TH

AGES 14-18

7:45PM- 8:45PM

This group will use music as a medium for exploring and processing emotions/feelings, thoughts, and held beliefs. It can be difficult to explain/ help others learn how to deal with emotions; so we are going to teach them how to do this! Each week we will focus on a different emotion. Participants are encouraged to bring a media device with music that they enjoy/ matches the emotion of the week. At the end of the group, we will have created a group playlist for each emotion. We will also incorporate song writing and journaling as well in our journey. If participants play an instrument/ sing, they are encouraged to bring them as well. Keyboard/pianist can be provided if desired for participant use.