

Music Therapy that can be used in Law

I would like to start by saying that Music Therapy is amazingly multifaceted science and consequently it can be used in many different areas. And here are my possible ideas where we can use Music Therapy in everything which relates to Law: lawyers, offenders, juvenile criminals and so one and so force.

First of all, I need to admit that a therapist cannot just play the piano and sing a song. Music Therapy is the scientific, functional application of music by a therapist who actually is seeking specific changes in an individual`s behavior¹.

In my opinion we can use Music Therapy for lawyers as well. Their job is really stressful and one of main goals of Music Therapy is to relief stress. So, it is a perfect match. For example, a therapist can use active method of Music Therapy and ask a person to sing a song with hopeful and cheerful lyrics. Maybe that will make this patient to think about something good and forget about all problems. The reason is that «emotion is one of the key concepts in experimental psychology. Because the primary emotions—anger, fear, happiness, sadness—guide and energize behavior in crucial life situations, those with enormous biological consequences, they have been subjected to considerable selective and adaptive evolutionary pressures²».

The next thing it can help lawyers to relax and deal with their anger.

¹ **Dolan, M. C. (1973). Music Therapy: An Explanation.** Journal of Music Therapy, 10(4), 172–176. doi:10.1093/jmt/10.4.172 (<https://doi.org/10.1093/jmt/10.4.172>)

² **Patrik N. Juslin and John A. Sloboda (Eds.), Music and Emotion: Theory and Research.** Oxford, U.K.: Oxford University Press, 2001. 487 pp., ISBN 0-19-263189-6 (hardcover); 0-19-263188-8 (paperback)

Also, we can use Music Therapy in helping juvenile offenders. Sometimes children`s emotions are not under control, and they may not understand their actions. Moreover, «the work of therapy can take place in the actual process of playing music. Through associations to the music, or in the relationships that develop because of the music. The music therapist can be flexible in meeting the client at the appropriate defensive level. Research showed that aesthetic considerations in music without a referent outside of itself can serve as a motivation for behavioral change in mentally ill clients. Of improvisational music therapy one stated that “the playful aspects of improvisation . . . bring the pleasure of gratifying one’s impulses, and the safety of controlling some aspect of the external world³ . . .»

What is more, aggression also might be a behavioral reaction fueled by anger. And the patient must come to the realization that he lacks coping skills that are common among his peers and that he often overestimates his ability to handle stressful situations. Negative coping skills (such as violent behavior) show a positive correlation with relapse into criminal behavior. Subsequently, the patient has to practice and train newly acquired (coping) skills to master and apply them in real-life situations⁴.

To conclude, I think that Music Therapy is absolutely universal and if we use our imagination, we will come to the many of ideas how to help different people with their problems. I am happy that I had an opportunity to learn about this method.

³ Janice M. Cohen, **Music therapy with the overcontrolled offender: Theory and practice**, *The Arts in Psychotherapy*, Volume 14, Issue 3, 1987, Pages 215-221, ISSN 0197-4556, [https://doi.org/10.1016/0197-4556\(87\)90004-9](https://doi.org/10.1016/0197-4556(87)90004-9)

⁴ Hakvoort, L., Bogaerts, S., Thaut, M. H., & Spreen, M. (2013). **Influence of Music Therapy on Coping Skills and Anger Management in Forensic Psychiatric Patients**. *International Journal of Offender Therapy and Comparative Criminology*, 59(8), 810–836. doi:10.1177/0306624X13516787

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