



PROBLEM STATEMENT

According to (Porter, Holmes, McLaughlin, Lynn, Cardwell, Braiden, Sheelagh, (2012) Teenage depression with all its social, emotional and developmental complications is one of the major health problems facing modern society. The costs of treating teenage depression is, costly. With this awareness, we acknowledge the enormous need to service this population and encourage, support and treat our young adults. Simultaneously we must focus on providing urgent, valuable and cost-effective interventions targeted at teenagers who are already experiencing depression. Researchers have studied music therapy and have tested the validity of its theory. It seems to have been hopeful in treating teenagers with depression but still needs to be proven in further research (Jaccard & Jacoby, 2014). Future research could test features of this theory to define if it stands in validity and continues to model success within programs, universities, researchers, cultural backgrounds and music therapy approaches.

PURPOSE STATEMENT

The aim of this study is to survey teenagers diagnosed with depression and research the positive effects that music therapy has on teenage depression through current treatments using music therapy. The research conducted will integrate the resources that music therapy together with psychotherapy present, such as its economic benefits and the absence of treatment through drugs. It will examine the effectiveness of a designed protocol possibly increasing the sense of hope and enhancing emotional competence meanwhile decreasing anxiety.

MUSIC THERAPY AND TEENAGERS WITH DEPRESSION

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Billy Joel (1986) “I think music is healing. It’s an explosive expression of humanity. It’s something we are all touched by. No matter what culture we’re from, everyone loves music.”



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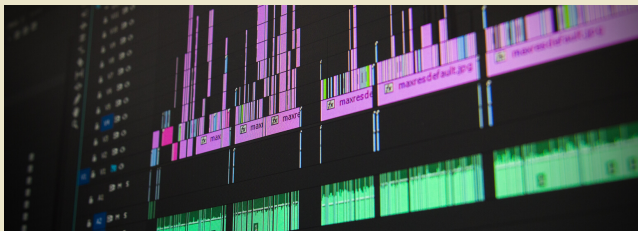
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MUSIC THERAPY TECHNIQUES

Music Meditation: This technique is meant to reduce heart rate, soothe physical symptoms of heaviness and deep sadness along with relaxing the worrying mind.

Lyric exploration, song writing and recording: The therapist will choose a song to break down lyrically, emulating coding by identifying themes and emotions within the song which can be useful in expressing feelings and bringing happiness to the surface.

Spontaneous and Unarranged Music Making: This technique is used between the therapist and client to help stimulate desire to interact in a relaxed and positive manner also increasing communication skills without feelings of being judged. The therapist may choose sentimental themes within music formats chosen by participants which prompts expressing emotion and release of anxiety.

METHOD- QUALITATIVE

Teenagers diagnosed with depression will be asked to select a song that they feel is touching, play different instruments to express both positive and negative emotions and sing songs out loud while accompanied by a therapist. After the session had occurred, they will be asked to view a recorded music therapy session of themselves and will be given a dial to rate the rise and fall of their emotions during the music therapy session. The counselor will instruct the teenagers to click the dials to the right when the music feels positive and lifts moods, feeling soothing to create relief and click the dial to the left when the music does nothing to their feelings of hopelessness and deep sadness. In the ultimate support of the clients healing process, they will be given the opportunity to stop at any time during this study if they feel overwhelmed from the process. The client's mental health and wellbeing always comes before gathering data.