

## Lily Arts & Wellbeing Live Webinar Training Series

# CBT-Music: Learning About Ourselves Through Songs

18.05.20

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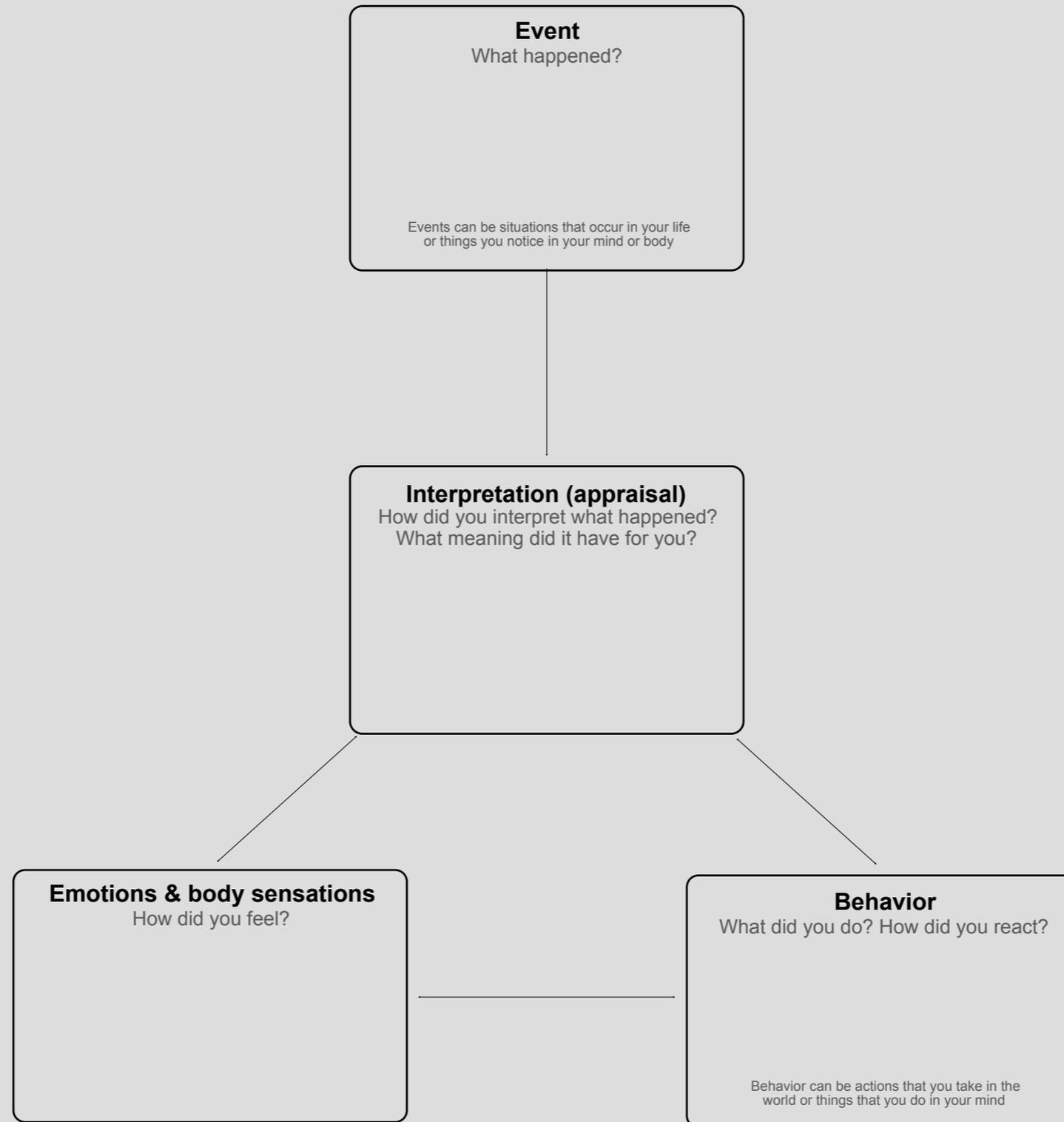
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# What is Cognitive Behavioural Therapy?

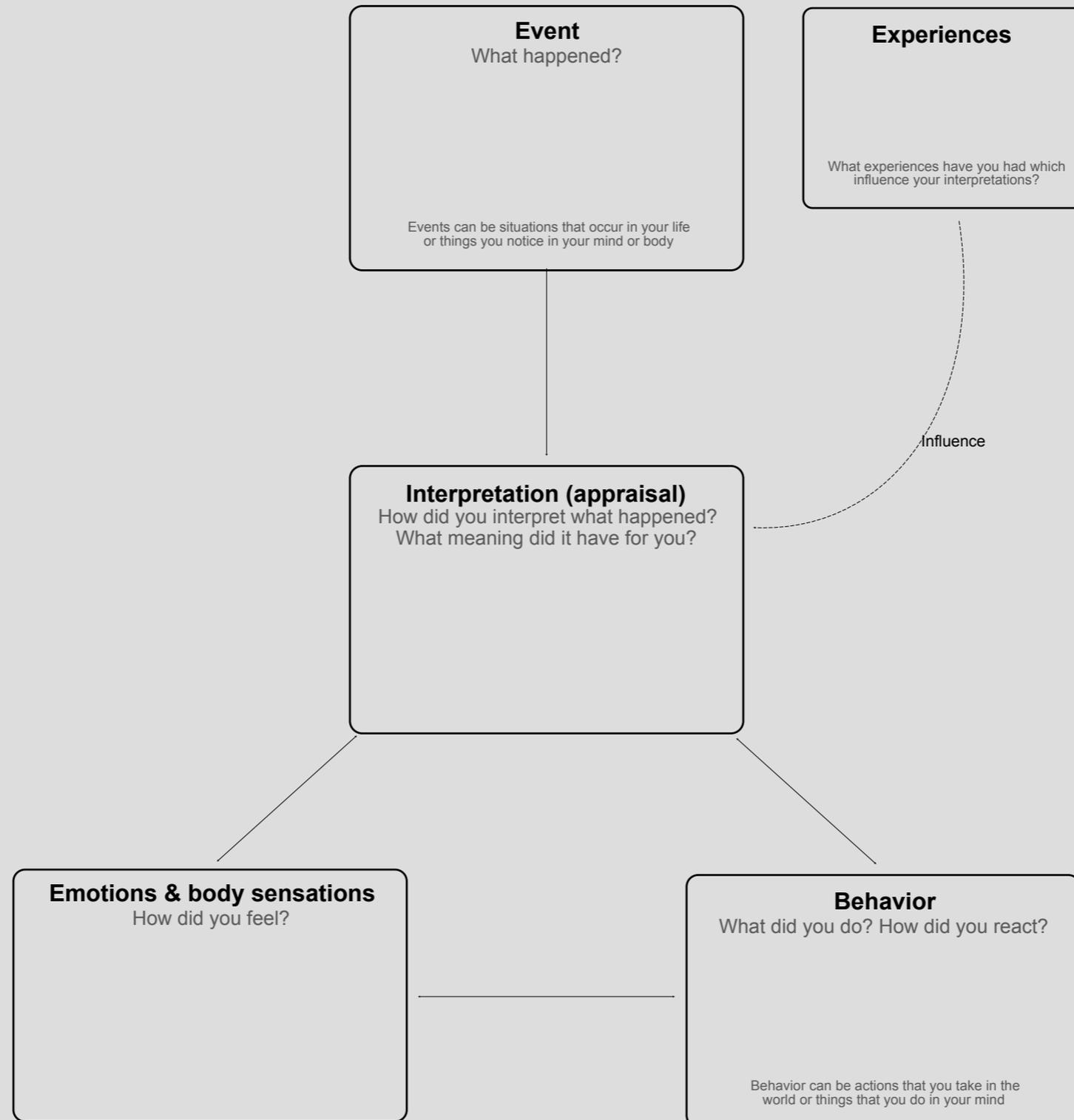
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- ❖ An evidence based therapy recommended in NICE guidelines, offered in NHS & private mental health care for a range of mental health problems.
- ❖ Focus on thoughts, feelings, behaviours & how these are linked and influence each other. Therapist works on changing unhelpful thinking & behavioural patterns to develop more healthy adaptive ways of functioning and coping with stressors.
- ❖ Emphasis on structured problem solving approach requiring collaboration between client and therapist
- ❖ Role of cognitive appraisals

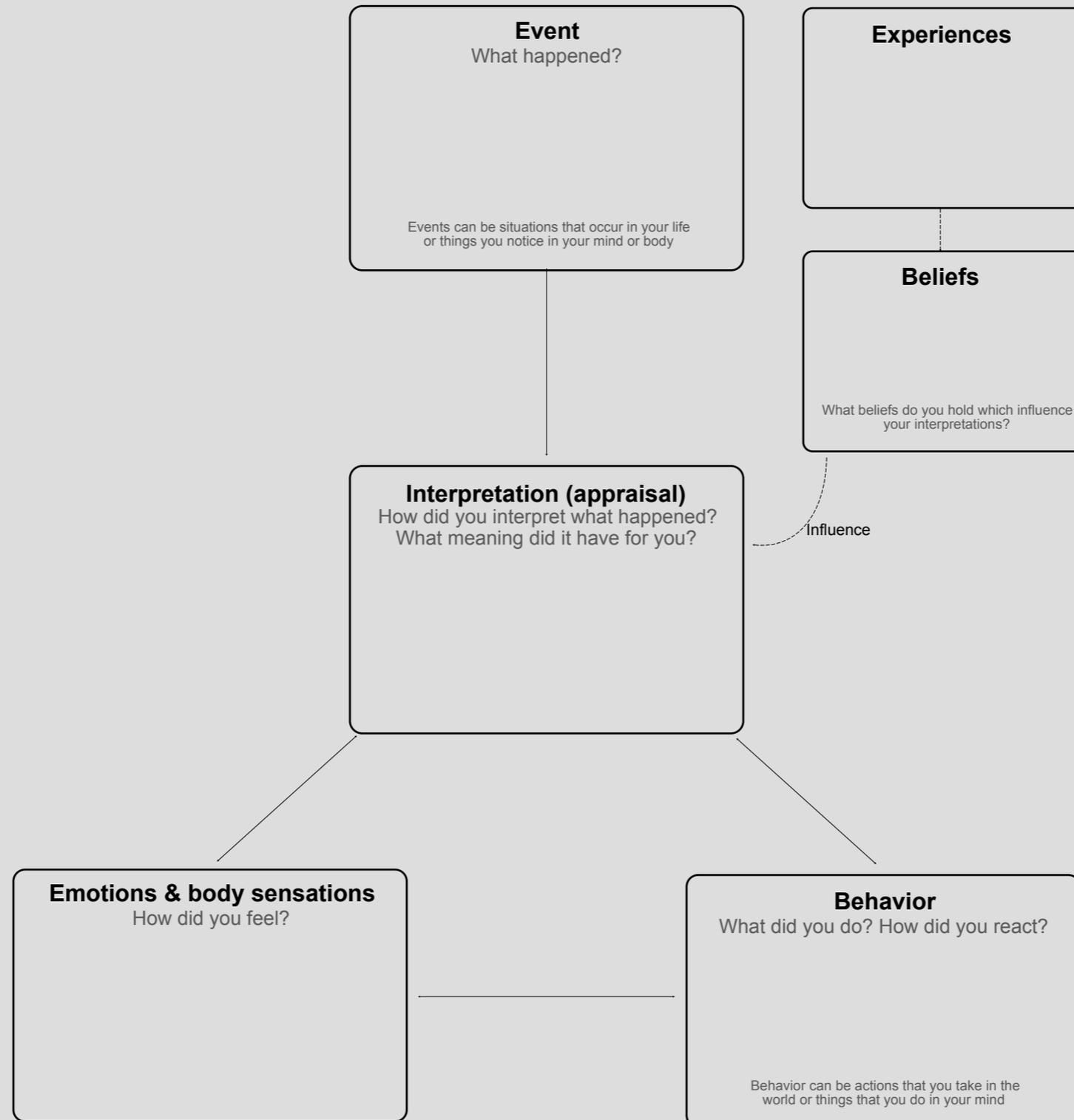
CBT Appraisal Model (Adapted from [psychologytools.com](http://psychologytools.com))



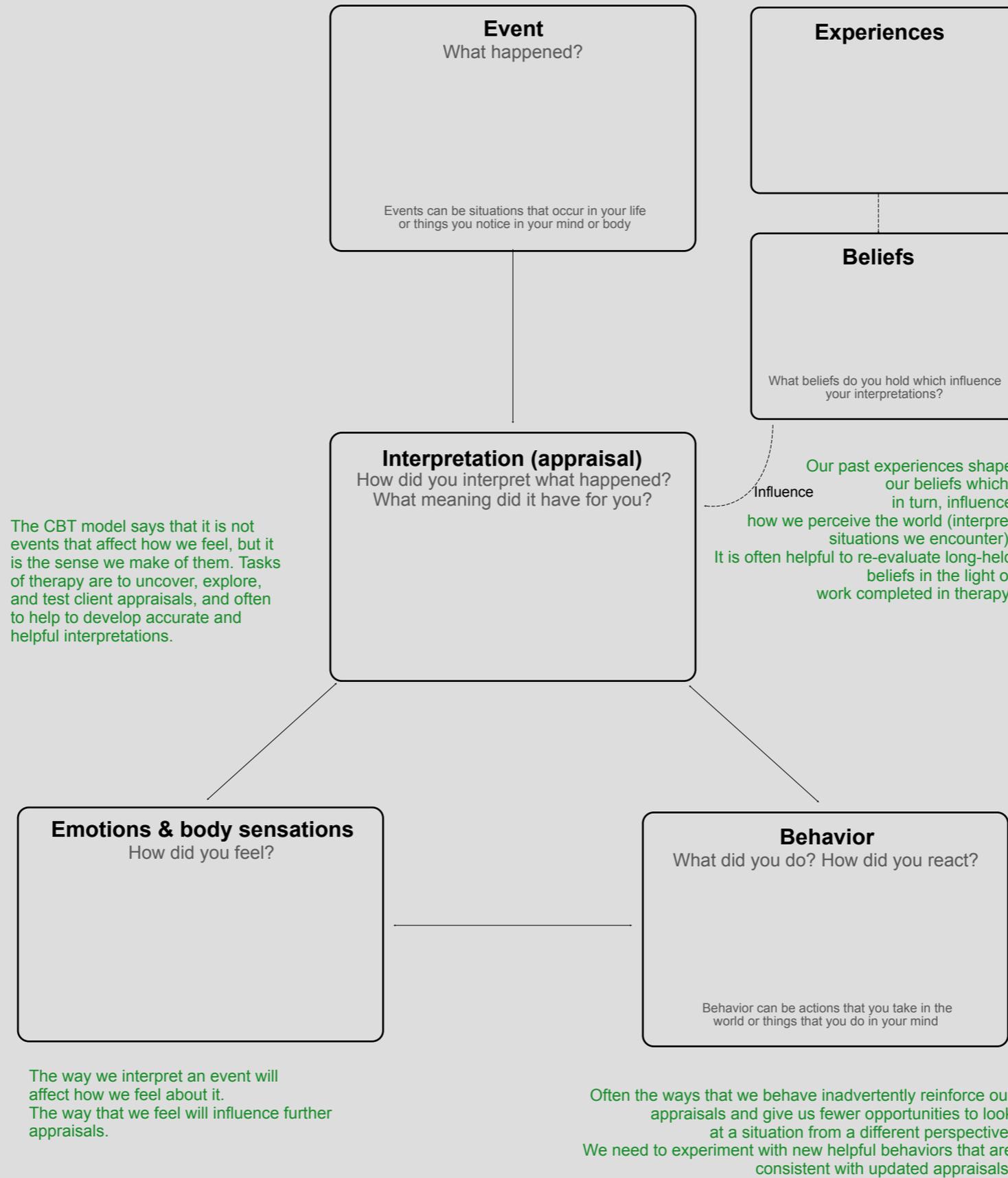
# CBT Appraisal Model



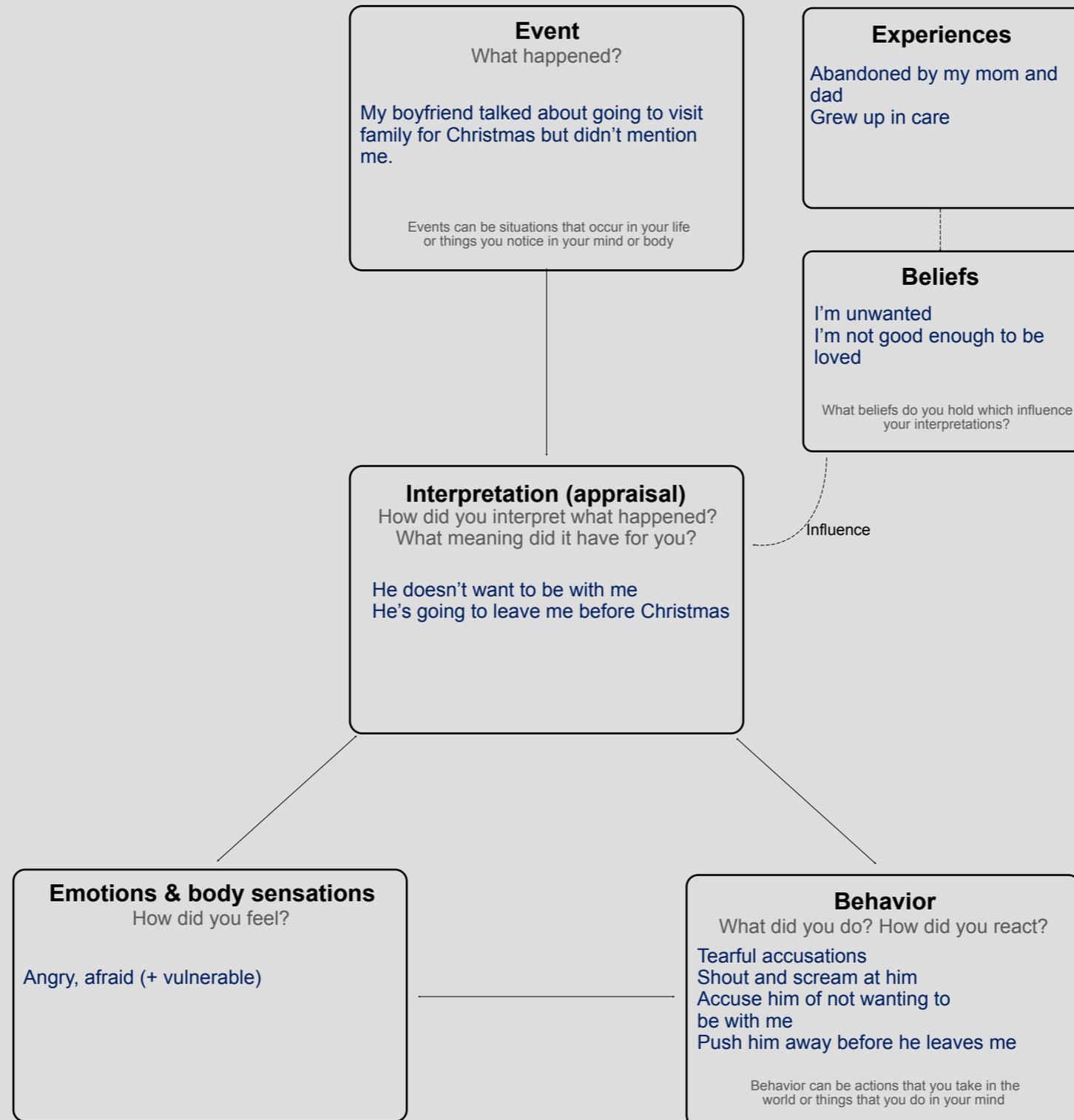
# CBT Appraisal Model



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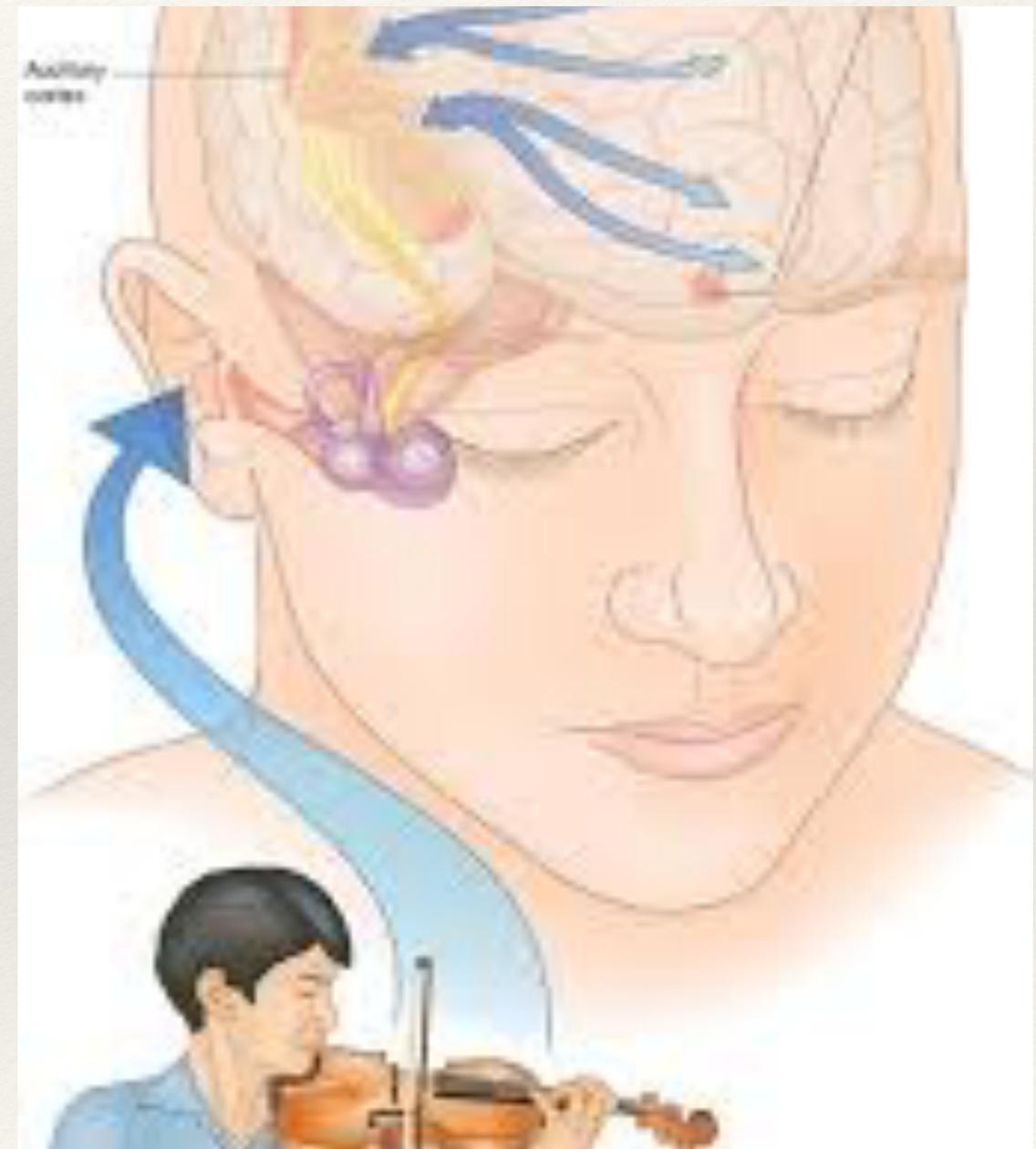


# CBT Appraisal Model



# How Does Music Affect Us?

- ❖ Music has been shown to impact brain activity
- ❖ Playing instrument has been found to increase activity in part of brain that connects the left and right hemispheres
- ❖ People who play instruments higher levels of executive functioning (more complex abstract tasks such as reasoning)
- ❖ <https://www.youtube.com/watch?v=R0JKCYZ8hng>



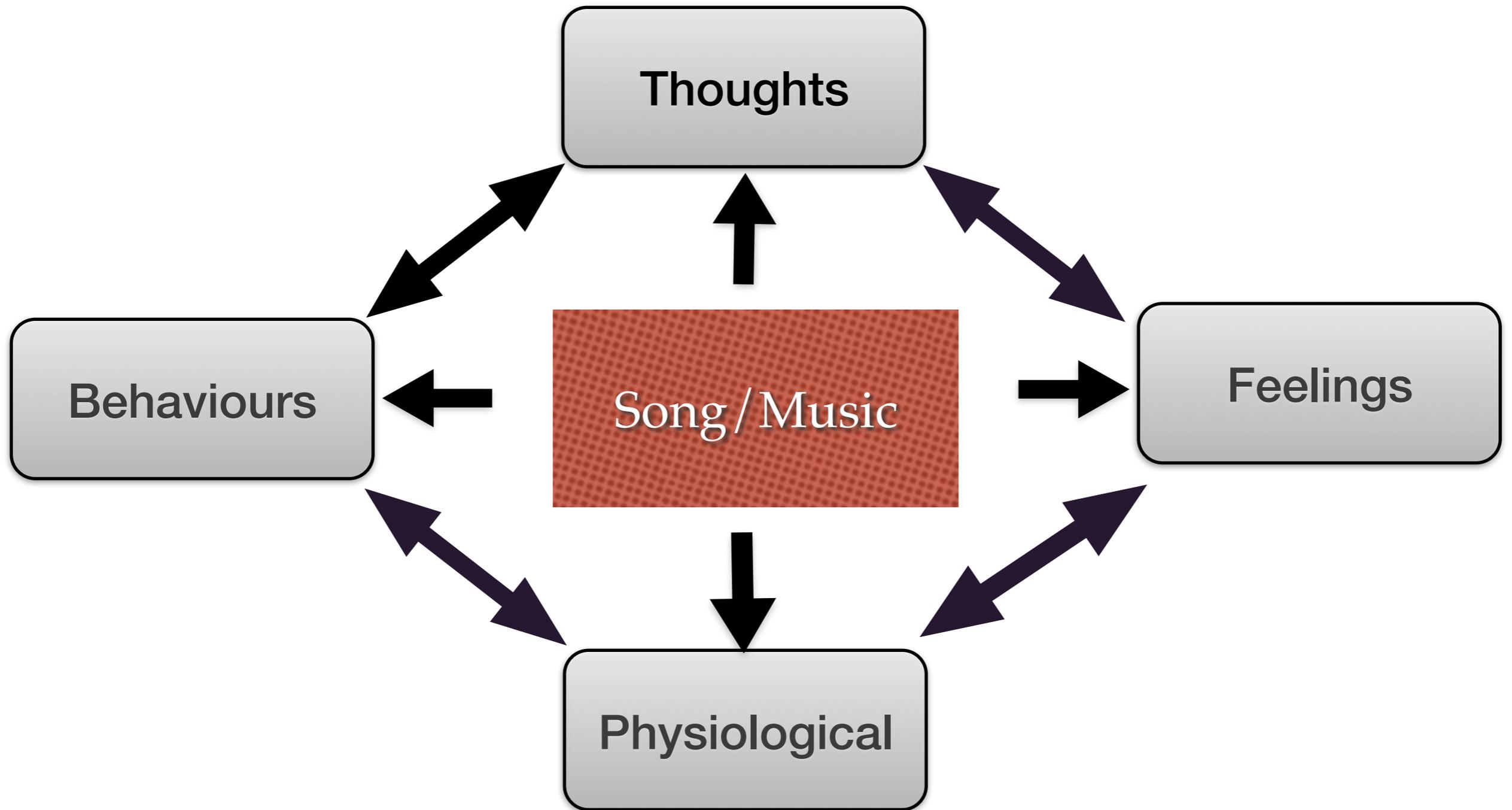
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# Evidence Base for CBT-Music

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- ❖ Preliminary evidence of effectiveness although **more research** and evaluation of CBT-music groups required.
- ❖ CBT techniques in music therapy interventions (Hakvoort, 2014)
- ❖ Nine week low intensity CBT group for anxiety and depression. Using CBT and music involving writing positively framed songs (“It’s time for CBT songs”), playing instruments & singing positive songs which promoted behavioural activation (Naeem. et al., 2016; Trimmer et al. 2016)
- ❖ A six week CBT-Music Group with south asian women with anxiety and depression (Muntaha, 2018)
- ❖ Development of a **music formulation model of CBT-music** which incorporated cognitive processes, impact on behavioural activation, physiological responses and meanings / memories attached to a song (Muntaha, 2019)

# A Music Formulation Model of Cognitive Behavioural Therapy (Muntaha, 2019)



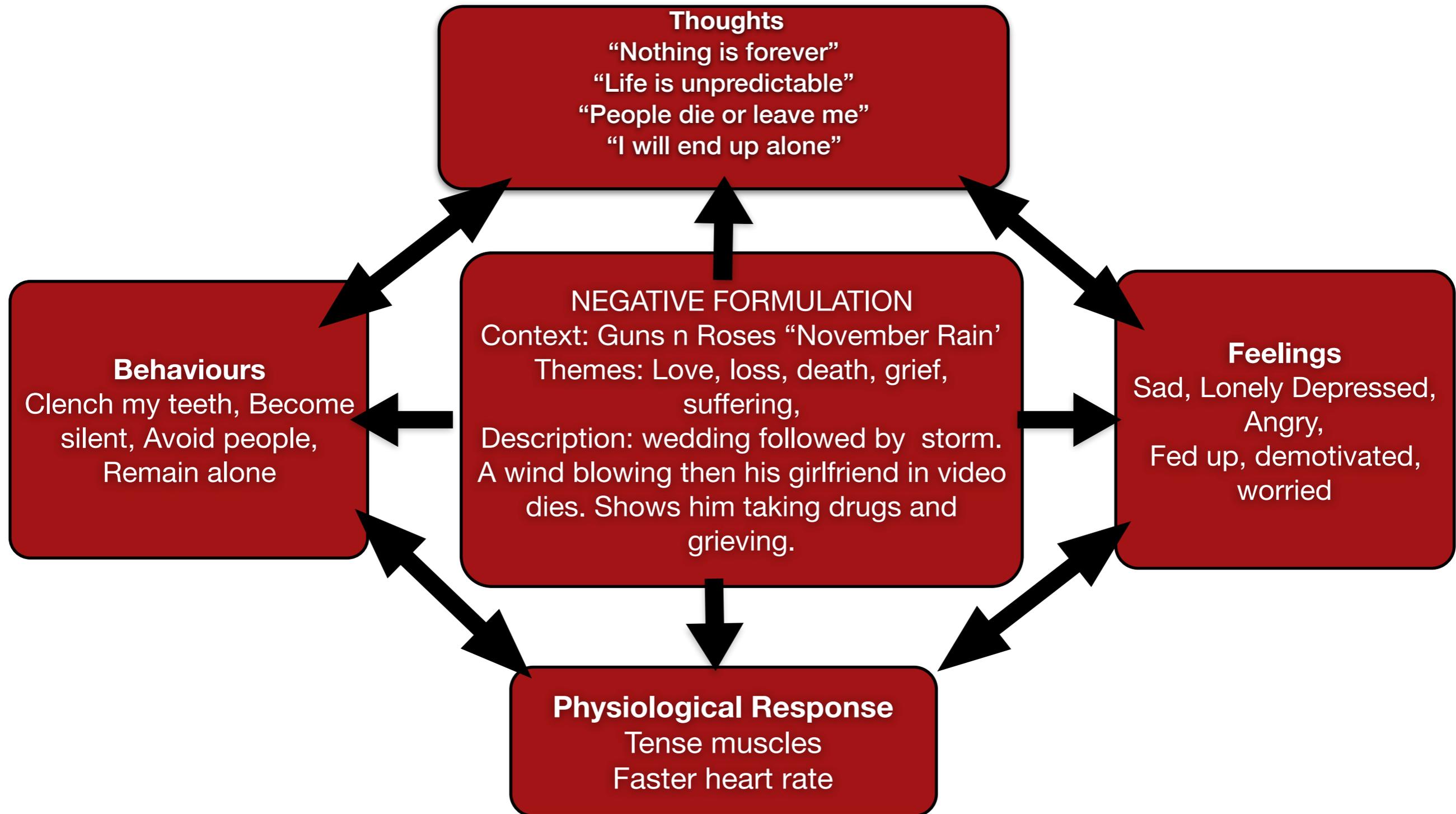
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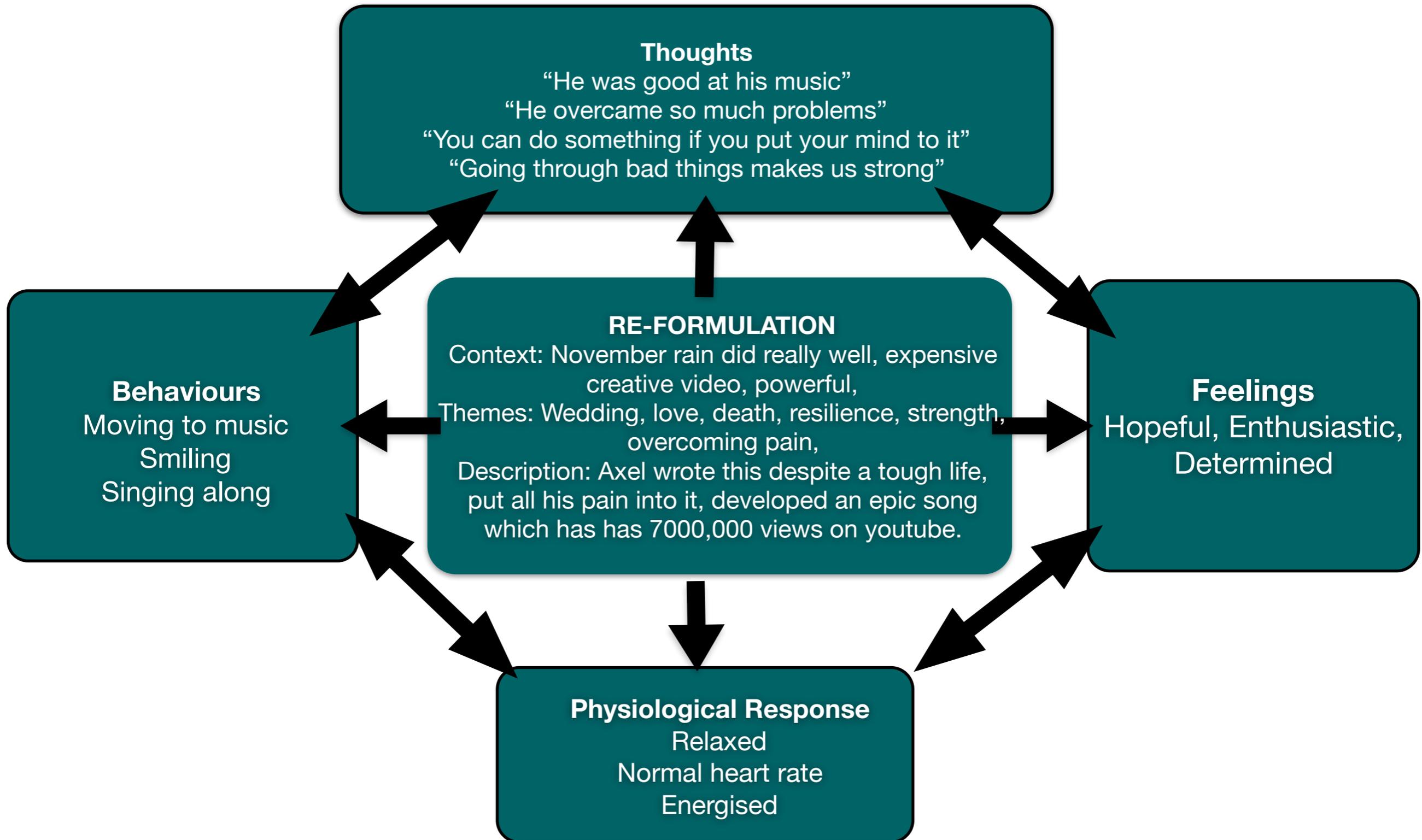
“Cause nothin’ lasts forever  
And we both know hearts can change  
And it’s hard to hold a candle  
In the cold November rain”



# A Negative CBT-Music Formulation



# A Positive CBT-Music Formulation



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# Summary: why include music in CBT?

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- ❖ Music has been shown to increase brain activity & improve cognitive functioning.
- ❖ Music is universal and can help engage those who struggle with traditional talking therapies (i.e hard to engage communities)
- ❖ Music Therapy as a discipline is effective in working with children with ASD, with older people with dementia i.e. improves memory functioning and information processing.
- ❖ Conceptualised as a third wave CBT, music based CBT can include mindfulness (e.g chants, sounds), developing awareness of self and others, increase capacity to relate and connect with others and improve coping skills through breathing exercises (whilst holding a note) and playing instruments.

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# Moving Forward...

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- ❖ Need for more CBT-music **groups** & evaluation
- ❖ Need to use CBT-music for individuals who are struggling to engage in traditional talking therapies those with a particular interest in music. Need to look at **case study** examples.
- ❖ Need for joint working between health and arts sector to pilot CBT-music groups in community organisations & measure effectiveness.
- ❖ Consider application to young people (youth music) older people, BAME communities including refugees and traveller communities.
- ❖ Consider how this approach can be used in supporting musicians who struggle with mental health issues.



# "Sangeet"

## A Women's Music Based Emotional Wellbeing Group

Dr. Sidrah Muntaha, Clinical Psychologist  
will be running a FREE six-week group in  
partnership with the Boundary Women's  
Project at St Hilda's.

The group aims to reduce symptoms of  
anxiety and depression through integrating  
CBT with cultural music and group singing.

Sessions will be held on Thursdays from  
10.30am to 12.30pm in St Hilda's 1st Floor  
Cafe on the following dates:

20 April	11 May
27 April	18 May
4 May	25 May

For further information or to refer  
someone please contact Sabeha from  
the Boundary Women's Project.  
email: [sabeha@sthildas.org.uk](mailto:sabeha@sthildas.org.uk)  
phone: 020 7739 8066

**Boundary Women's Project**  
**St Hilda's East Community Centre**  
**18 Club Row London E2 7EY**

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# References

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- ❖ Naeem, F., Trimmer, C. & Tyo, R (2016). It is time for the CBT songs: Music as a medium to deliver cognitive behavioural therapy *Journal of Biomedical Engineering*, 4(4e110) doi: 10.4172 / 2090-2719.1000e110
- ❖ Muntaha (2018) Cultural music and CBT group for South Asian women with anxiety and depression. In C. Warner, G. Osiris T. & Watson (Ed) *Diversity and Wholeness, Book of Abstracts*. London. British Association for Music Therapy.
- ❖ Muntaha, S. (2019). *A Music Formulation Model of Cognitive Behavioural Therapy (CBT-Music)*. Clinical Psychology, BPS
- ❖ Trimmer, C., Tyo, R., & Naeem, F. (2016). *Cognitive behavioural therapy based music (CBT music) group for symptoms of anxiety and depression*. *Canadian Journal of Community Mental Health*, 35(2), 83-87. doi: 107870 / cjcmh-2016-029

Questions/Discussion: