



WISCONSIN  
CHAPTER FOR  
MUSIC THERAPY

**Proudly Presents:**

***Songwriting Techniques for the  
Music Therapist***

**Presented by:  
*Joel Matthys, DMA***

Sponsored by WCMT  
In cooperation with GLR-AMTA

**Saturday, September 24, 2022**

**9:00am – 3:40pm (Central Standard Time) ~ 6 CMTE Credits**

**Join us In-Person at:**  
High Point Church  
7702 Old Sauk Road  
Madison, WI 53717

**Or Attend Virtually via Zoom**

**\*\*\*Registration Deadline is Wednesday, September 21, 2022\*\*\***

## Course Description:

Music therapists engage with songs throughout their clinical work, but usually in a re-creative or interpretive way. In this course, we will explore practical approaches to songwriting (both lyric and music creation) with a particular eye toward developing original music therapy clinical assessments and interventions, encouraging music therapists to build a repertoire that includes original songs which express their creative and emotional interests while also meeting targeted clinical goals.

We will explore the robust poetic meter Ballad Metre as well as the added sophistication that comes with the addition of couplets. And participants will work collaboratively to develop original clinical activities and interventions based on lyric forms and principles of musical expectation. We will also expand our understanding of the various categories of song based on recent research in music theory and musicology, and discuss the various harmonic schema that support various forms of songwriting.

Participants will practice multiple songwriting techniques during the workshop and will compose and perform a short song. Ultimately we hope to inspire participants to incorporate more songwriting, in more concrete and specific ways, into their music therapy practice, as well as to embrace the art of songwriting for personal expression and enjoyment.

No pre-requisites are required to take this course.

## Learner Objectives:

- 1) Participants will explore and expand their understanding of the fundamental techniques of songwriting
- 2) Participants will develop clinical activities and interventions which use songwriting
- 3) Participants will work collaboratively to develop and perform original songs by the end of the CMTE course.

## Course Schedule:

9:00 – 9:20 am	Introductions, disclaimers, musical and mental warmups.
9:20 – 9:40 am	What is Ballad Metre? Examples and nuances.
9:40 – 10:00 am	Full Group Activity: improvising using Ballad Metre texts over a chord loop
<b>10:00 - 10:10 am</b>	<b>BREAK</b>
10:10 – 10:25 am	What are Rhyming Couplets? How can they be used to add sophistication and nuance?
10:25 – 10:40 am	Small Group Activity: develop a music therapy intervention which uses lyric form to achieve therapeutic outcomes.
10:40 – 11:10 am	Discuss current theories of harmony and Tagg classifications
<b>11:10 - 11:20 am</b>	<b>BREAK</b>
11:20 – 11:35 am	Improvise putting Ballad Metre over each of the various kinds of harmonic progressions
11:35 – 11:50 am	Full Group Activity: Free sense-writing
11:50 – 12:20 pm	Developing a more sophisticated approach to rhyme, rhythmic flow, and avoiding cliché.
<b>12:20 - 1:30 pm</b>	<b>LUNCH BREAK and WCMT FALL BUSINESS MEETING</b>
1:30 – 2:00 pm	Personal Activity: compose an original verse and chorus (Ballad Metre with optional added couplets) and choose a harmonic progression to accompany it.

2:00 – 2:30 pm	Using the other musical elements to deepen, add context and nuance. Examples from the literature.
<b>2:30 - 2:40 pm</b>	<b>BREAK</b>
2:40 – 2:50 pm	The art of collaboration: successful songwriting collaboration tips (that are also incredibly useful in your everyday and professional life!)
2:50 – 3:10 pm	Small Group Activity: Practice collaboration techniques to develop a new chorus quickly.
3:10 - 3:40 pm	Participant performances of new songs-in-progress, evaluations

### **Lunch and What to Bring to the Course:**

Lunch is included in the cost of registration if attending in person. Please let us know if you have any dietary restrictions. We ask all participants, attending both in-person and virtually, to bring your accompaniment instrument of choice, such as guitar, ukulele, autoharp, keyboard, or other similar.

### **If Attending Virtually via Zoom:**

Participants will be emailed a link to the course on Thursday, September 22. We suggest you join the Zoom meeting 10 minutes prior to the course (so if there are technical difficulties they can be resolved). Please rename yourself to match the name connected to your CBMT account so we can verify attendance. If you have not received your meeting link email by Friday, September 23, please contact us at [continuingeducation@musictherapywisconsin.org](mailto:continuingeducation@musictherapywisconsin.org)

### **If Attending In-Person:**

Please arrive in time to check in prior to the start time of 9am to verify attendance. Please park near the main entrance (which has a carport) and enter in the main entrance. Follow the signs for room Micah A. We encourage you to join us over the lunch break for your free lunch and for the WCMT business meeting.

### **Cancellation/Refund Policy:**

100% of the registration fee will be refunded if you cancel up to 4 days before the event. After that date, a 75% refund will be given.

***Songwriting Techniques for the Music Therapist*** is approved by the Certification Board for Music Therapists (CBMT) for 6 Continuing Music Therapy Education credits. The Great Lakes Region of the American Music Therapy Association, #P-021, maintains responsibility for program quality and adherence to CBMT policies and criteria.



### **About our Presenter:**

***Joel Matthys, DMA***, is a composer, music theorist, pianist, and multimedia artist, equally comfortable in classical, jazz, and popular music spheres. Shortly after assuming his current role as music theory and composition professor at Carroll University, Joel proposed the Music Therapy degree program and worked to get it established. Joel teaches music theory, class piano, songwriting, and electronic music, and in his limited free time he enjoys his backyard chickens and playing chess.

# *Songwriting Techniques for the Music Therapist*

**On-line Registration & PayPal Payment Available at:**

[www.musictherapywisconsin.org](http://www.musictherapywisconsin.org)

**\*\*\*Registration Deadline is Wednesday, September, 21, 2022\*\*\***

**You must register by this date to receive the Zoom meeting link**

## **Registration Pricing:**

- WCMT Professional Member (MT-BC) Registration = \$85
- Professional (MT-BC) Registration (for non-WCMT members) = \$110
- Student Member (Undergraduate/Intern) Registration = \$10
- Student Non-Member (Undergraduate/Intern) Registration = \$20

*\*Interested in becoming a member of WCMT?\**

*\*A MT-BC professional membership is \$25/year, and a student membership is \$10/year\**

*Visit WCMT's website for more details*

**Following the CMTE, WCMT invites you to join us at Tanner's Bar and Grill (1611 Deming Way, Middleton) for drinks and the opportunity to network and re-connect with fellow music therapists. WCMT will be providing appetizers.**

**Hope you can join us!**

## **Any Questions?**

Contact Rachel Miller and Ingrid Gruett at:

[continuingeducation@musictherapywisconsin.org](mailto:continuingeducation@musictherapywisconsin.org)