Single-Session Educational Music Therapy in Acute Mental Health Settings

Michael J. Silverman, PhD, MT-BC
silvermj@umn.edu
www.researchgate.net

Brief Treatment

• 25.6 days in 1990 → 10 days in 2000
  (National Association of Psychiatric Health Systems, 2002)
• 7.2 days in 2015 (Centers for Disease Control & Prevention, 2015)
• Shift → Acute care/crisis stabilization
• Time limited therapy
  – Single-session therapy
• Music therapy: Cassity 2007 Delphi Poll

Contributing Factors

• Health Maintenance Organizations (HMOs), insurance companies, capitalist society
• Need to lower healthcare spending (Dobson & Dobson, 2009)
• Limit number of sessions/days (Nathan, Stuart, & Dolan, 2000)
• Treatment advances

Personal Experiences

• 3-7 days: adult acute mental health units (Apalachee Center for Human Services)
• 72 hours: new unit (Austin State Hospital)
• 3-5 days: adult acute unit (Tallahassee Memorial Behavioral Health)
• 3-7 days: adult acute unit (Minnesota Health)
• 2-4 days: adult detoxification unit (Minnesota Health)
• Outliers

Acute Mental Health Care: Ideal versus Reality

http://www.illgaming.in/2013/07/pushing-the-limits/

what people think it looks like
what it really looks like

Contemporary MT Literature

• Systematic review of music therapy for acute mental health care inpatients
  – Need: music therapy model specific to acute care adult mental health consumers
  – (Carr, Odell-Miller, & Priebe, 2013)
• Silverman (2015): Not psychotherapy; direct educational approach → practical illness management and recovery knowledge and skills
Contextual Parameters
Dictate Approach

- Group-based (Silverman, 2007; Thomas, 2007)
- Brief treatment & acute care → group-based → Cognitive behavioral approach → Education
- Illness MGMT & Recovery = EBT
- Educational music therapy (EMT) for illness management & recovery (Silverman, 2015)
  - Education vs. psychoeducation
  - Congruent with aspects of medical model
- Direct, elegant, highly structured: Creative & engaging narrative to identify problems & solutions within lyrics & process

Single-Session Therapy

- Ultimate brief therapy
- Most common (Talmon, 1990)
- Mainstream (Cameron, 2007)
- Reduction of resources & demand for services (Bloom, 2001; Campbell, 1999)
- Approach philosophically different but NOT condensed (Bloom, 2001; Kaffman, 1995; Talmon, 1990)

Single-Session Techniques

- Variety, but idiosyncratic to person & needs (Talmon, 1990)
- Help identify & prioritize problems
- Explore potential solutions & develop new approaches to problems (Campbell, 1999)
- List assets & resources
  - Depressive lens; handouts (NAMI)

Single-Session Objectives

- Enhance motivation, readiness for change, empower patients, inspire hope and autonomy, help patients identify resources & alternatives (Talmon, 1990)
  - Crisis overwhelming → lens
- Change is possible, identify a problem, attentive listening (Talmon, 1990)
- Offer advice, and reframe/normalize the presenting problem (Campbell, 1999)

Approach

- You treat the patients you have.
- Plethora of approaches
- Utilize most appropriate
  - Patient and context
- Long-term versus short-term
- Change = inevitable
- Direct → leadership; empower; self-efficacy
- Cognitive behavioral → educational & collaborative
- Change cognitions to behaviors

Talmon (1990): Attitudes for Single-Session Therapy

- This is it.
- View each and every session as a whole, complete in itself.
  - All you have is now.
  - It’s all here.
  - Therapy starts before the first session and will continue long after it.
  - Take it one step at a time.
  - You do not have to rush or reinvent the wheel.
- The power is in the patient
  - Never underestimate your patient’s strengths.
  - You don’t have to know everything in order to be helpful.
  - Life is full of surprises.
  - Life, more than therapy, is a great teacher.
  - Time, nature, and life are great healers.
- Expect change. It’s already well under way. (pp. 134–135.)
Talmon’s Components of Single Session Therapy (1990)

1. Starting the session
2. Search for a therapeutic focus
3. Working with metaphor (what)
4. Practicing solutions (how)
5. Strengthening
6. Attempted final intervention
7. Last minute issues
8. Follow-up

Problem Solving

1) Define the problem and goal;
2) List all possible solutions;
3) Discuss advantages and disadvantages of each potential solution;
4) Choose the solution that best fits the situation;
5) Plan how to carry out the solution in detail;
6) Review the implementation of the solution.

(Fallon, Boyd, & McGill, 1984; family-based care of schizophrenia)

Effectiveness

• “...their therapeutic impact appears to be underestimated” (Bloom, 1981, p. 180).
• “these studies tentatively suggest that desirable client-level outcomes are achieved following single session psychotherapy” (Cameron, 2007, p 246)
• Ideal versus realistic

Topic Areas (McGuire et al., 2014)

• Recovery
• Practical facts about mental illness
• The Stress-Vulnerability model
• Building social support
• Using medication effectively
• Drugs & alcohol
• Reducing relapses
• Coping with stress
• Coping with persistent symptoms
• Meeting needs within the mental health system
• Living a healthy lifestyle

Multimodal/Holistic Wellness

• Holistic health: Psychological, mental, emotional, intellectual, spiritual, social, physiological...(creative, musical?)
• Selfish?
• “You gotta look out for number 1.”
• Foo Fighters: Times like these: “It’s times like these you learn to love/live again.” (Silverman, 2016)

Rapport and Working Alliance

Techniques
• MUSIC therapy
  – High quality, live
  – ASAP
• Positivity; empower; end
• List resources and assets
• Clinical focus → solutions
• Cognitions → behaviors
  – Unit vs. home
• “Homework”

Interventions
• Research vs. practice
• Songwriting
  – Blues & brainstorming
  – Focused; V1; V2
• My Song (Silverman, 2016)
• Lyric analysis
  – Times like these
  – Directed; Therapist vs. Patient
  – “Homework” on back
Motivational Problem Solving via Single-Session Educational Blues Songwriting

Techniques
- CBT for Illness Management & Recovery
- Problem Identification & Motivational Interviewing
- Blues Songwriting & Creative Engagement
- Process & Product

References

Thank you for attending!

silvermj@umn.edu

www.researchgate.net