

Jane Doe

Professor Spalding

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Annotated Bibliography

Baker, F.A., Gleadhill, L.M., & Dingle, G.A. (2007). Music Therapy and emotional exploration: Exposing substance abuse clients to the experiences of non-drug-induced emotions. *The Arts in Psychotherapy*, 34, 321-330.

This article summarized the use of music therapy to increase the emotional state of substance abuse clients. Many substance abuse clients use drugs to decrease negative feelings or escape them. The authors of this article attempted to prove that music therapy helps substance abuse clients by decreasing stress, anxiety, and impulsiveness while encouraging positive emotions and mood changes. During the study, substance abuse patients listened to songs with lyrics instead of instrumental songs or poetry, because songs with lyrics are more likely to relax and increase positive emotions. The authors concluded that after using music therapy in a rehabilitation program 85% of the patients said that music therapy resulted in positive mood change leaving the patients feeling much happier and more relaxed. Although this study provided valuable information about the benefits of music therapy, the study was conducted on a short term basis with very few patients. Overall, the study provided new information and valuable about how music therapy is now being used.