

## Session Plan

**SMT:** JD Hogue

**Session date:** 10/9/14

**Site:** Advocate BroMenn Medical Hospital, Normal, IL

**Session #:** 5

**Comprehensive materials list:** Guitar, Paddle Drum with mallet, Egg Shakers, Rhythm Sticks, African Drum, Frog.

### List of songs to use with the interventions as is appropriate with client:

1. I Walk the Line by Johnny Cash
2. Roar by Katy Perry
3. Love Runs Out by One Republic
4. Swing Low Sweet Chariot
5. Shake It Off by Taylor Swift
6. Can't Help Falling In Love by Elvis Presley
7. I Will Survive by Gloria Gaynor
8. Smoke Gets in Your Eyes by Platters
9. My Bonnie Lies Over The Ocean
10. 3 Things by Jason Mraz
11. Purple Dreams and Green Dreams by Janalea Hoffman
12. Under Pressure by Queen
13. Stand by Me by John Lennon

### Physical Interventions

#### 1. Intervention 1

**Title:** Pain Reduction

**Goal:** To reduce the perception of pain.

**Objective:** Client will decrease the amount of pain he or she feels from the beginning of the session to the end of the session.

**Rationale:** Reducing pain will help the client feel better, participate in treatment more, and have overall better progress during treatment.

**Data Collection Method:** Self-Report on a 1- 10 scale

**Procedure:**

1. SMT will assess how much pain Client is feeling.
2. SMT will play a song for Client. If client is able and willing, SMT will have Client sing and/or play an instrument with the body part that is not causing the pain.
3. After the song, SMT will reassess pain.

## Emotional Interventions

### 1. Intervention 2

**Title:** Improving Mood

**Goal:** To improve mood

**Objective:** Client will change his or her emotional state from strong negative emotions to weak negative emotions or from weak positive emotions to strong positive emotions.

**Rationale:** Changing affect to be less negative/more positive will improve the client's reactions to treatment and will help speed up the healing process.

**Data Collection Method:** Self-report on emotion scales from 1 – 5

**Procedure:**

1. SMT will assess Client's mood.
2. SMT will hand the song lyrics to Client.
3. SMT will play the song.
4. After playing the song, SMT and Client will discuss the lyrics.
5. SMT will reassess Client's mood.

**Music:** I Will Survive by Gloria Gaynor

## Cognitive Interventions

### 1. Intervention 3

**Title:** Coping Skills

**Objective:** Client will state at least one healthy coping skill he or she can do in daily life to maintain his or her physical and mental health.

**Rationale:** An understanding of coping mechanisms will provide tools the client can use to speed up the healing process.

**Data Collection Method:** Frequency; The number of statements Client makes that involves coping strategies

**Procedure:**

1. SMT will play a song. After the song, Client and SMT will discuss the song.
2. Client and SMT will discuss with Client if he or she has a support system and how to utilize that support system.

**Song:** Stand by Me by John Lennon