
Creative Interventions and Activities Clearinghouse

Helping Couples Reconnect Using a Music Chronology

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Purpose:

The purpose of this creative intervention is to help couples connect with their thoughts and feelings about their relationship; to provide a forum for couples to revisit impactful experiences in their relationship and their perceptions of these experiences; to help couples recognize the effects of these perceptions on how they relate to each other; to help couples identify relational stressors; and to help couples reconnect with good memories and good feelings toward one another.

Materials Needed:

Compact discs and/or digital songs

Procedures: A Musical Chronology is a four stage process best facilitated within the context of a comfortable connection between client and counselor and can be adapted to diverse therapy needs. Below is a framework for its implementation.

Stage I

Counselor and couple discuss using music to revisit past memories.

Stage II

The couple identifies music that has been important to them or that triggers associations to important life events. With the counselors help, they compile the list of music and arrange the song titles chronologically (memories). The couple and counselors find the lyrics to the songs they choose to include in their chronology. The couple and counselors compile a CD or audiotape.

Stage III

The couple plays the compilation of music and discusses their thoughts, memories and associations.

Stage IV

During the final stage the couple and counselor listen for themes from the songs that represent their experiences. The couple and counselor work collaboratively to facilitate their awareness of any restrictive relational narratives and create the possibility of alternate perspectives. Each person of the couple finds and plays a song that represents the kind of relationship they want. Songs represent their shared experiences and their hopes for their futures.

Process Questions and Follow-Up:

None

Practice Setting:

Clinical Mental Health and Private Practice