

## Creative Interventions Clearinghouse

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### Music and Lyrics: Understanding Addiction Cravings

*Laura K. Harrawood, Cristen C. McClure, & Jennifer Nelson*

*McKendree University, Idaho State University, New Vision Counseling Center*

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#### **Purpose:**

The purpose of this creative intervention is to use the power of music as a teaching tool to facilitate understanding and empathy in the counselor-in-training toward clients impacted by drug abuse.

#### **Materials Needed:**

Access to the song “Angel” by Sarah McLachlan (1997) or another song describing drug use, pen/pencil, paper

#### **Procedures:**

Students listen to the song “Angel” in full and process what thoughts and feelings were brought up. The song is then replayed and students will focus on environmental cues and how the song represents addiction and relapse. .

Possible focus questions include:

1. Do the lyrics of this song glorify drug use or expose the listener to the realities of addiction?
2. What is the song’s message on drug use?
3. How might the lyrics of this song be an environmental cue that could trigger a relapse?
4. What connection does the song allude to about depression, loneliness, meaninglessness, and drug use?
5. As a future counselor, how could you use this song in counseling clients struggling with addiction?

Students write a short essay or reflective journal about the song and the impact it has on their understanding of empathy. Student can also discuss their personal and professional reactions of using music in counseling sessions.

#### **Process Questions and Follow-Up:**

What was your experience of listening to the song?

What resonated most with you?

Which sections of the song impacted you the most?

#### **Practice Setting:**

Counselor Education

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