

# ORFF-SCHULWERK PROCESS IN THERAPEUTIC SETTINGS

Chris Dillon

University of Kentucky

November 15<sup>th</sup>, 2015

AMTA National Conference

Kansas City, MO

# ORFF PROCESS

- ▶ Both elemental and universally accessible.
  - ▶ All individuals participate at their unique skill level.
- ▶ Four primary domains for Orff process in therapeutic and educational settings:
  - ▶ Exploration/Play
  - ▶ Imitation
  - ▶ Improvisation/Experimentation
  - ▶ Creation

Colwell et al., 2008; AOSA,  
The Teaching Process, 2013.

# ORFF-MUSIC THERAPY

- ▶ Present in therapeutic settings since 1962.
- ▶ Not originally intended for music therapy, but aligns with several principles of therapy practices:
  - ▶ Facilitates whole group participation
  - ▶ Begins at the developmental level of client
  - ▶ Uses a multisensory approach
  - ▶ Moves from sound to symbol/experiential to conceptual
  - ▶ Enables experiences that are success driven
  - ▶ Uses culturally specific material
  - ▶ Rhythm is the foundation of elemental music process
  - ▶ Focuses on process, rather than product

(Colwell, 2008;  
Detmer, 2015 )

# ORFF MUSIC THERAPY CONTINUED

- ▶ Can address many of the same goals as traditional music therapy:
  - ▶ Anxiety Reduction
  - ▶ Increasing emotional expression
  - ▶ Elevating mood
  - ▶ Improving Social Skills

# MUSIC THERAPY TRANSFERS FOR ORFF PROCESS

## ▶ Exploration

- ▶ Assessing preferences
- ▶ Building rapport
- ▶ Identification of areas of need/strengths

## ▶ Imitation

- ▶ Following directions
- ▶ Assessing cognitive abilities
- ▶ Therapy intervention using client-generated material
- ▶ Impulse control

## ➤ Improvisation

- Could be a reward
- Used as self-expression
- Varying levels of direction
- Fading
- Allows for client-directed input and material

## ➤ Creation

- Could be the end of therapy session
- Culminating product that allows client to feel successful
- Synthesis of what they've learned
- Evaluation/assessment tool

# CURRENT ORFF MUSIC THERAPY RESEARCH

- ▶ Hilliard (2007) used Orff-based arrangements and instruments to measure the effect of music therapy interventions on childhood grief symptoms and behaviors.
- ▶ Register and Hilliard (2008) used Orff-based techniques housed in the cognitive-behavioral therapeutic approach to investigate the use of music therapy to assist children in the grief process.
- ▶ Colwell (2013) used Orff-based music therapy interventions to investigate the impact on physiological and psychosocial behaviors of hospitalized children.
- ▶ Shafer and Silverman (2013) used Orff arrangements as part of a music therapy intervention for bullies and victims of bullying.
- ▶ Detmer (2015) investigated the effectiveness of Orff-based music therapy interventions to reduce state anxiety in music therapy students.

MUSIC THERAPY AND CROSSING THE  
MIDLINE:

AN ORFF-SCHULWERK APPROACH

# POSSIBLE GOAL AREAS:

- ▶ Crossing the Midline
- ▶ Range of Motion
- ▶ Fine motor skills
- ▶ Gross motor skills
- ▶ Bilateral/Unilateral movement



# PART 1

# PART 2

# PART 3

AAAA

ACAC<sub>x2</sub>

AEAEAE AEAE

CCCC

CECE<sub>x2</sub>

CGCGCG CGCG

GGGG

GBGBGBGB

GBGBGB GBGB

GGGG

GBGBGBGB

GBGBGB

G...B...D



# SHAKE IT OFF

I stay up too late  
Got nothing in my brain  
That's what people say  
That's what people say

I go on too many dates  
But I can't make them stay  
At least that's what people say  
That's what people say

Source: <http://www.directlyrics.com/taylor-swift-shake-it-off-lyrics.html>

But I keep cruising  
Can't stop, won't stop moving  
It's like I got this music  
In my mind, saying it's gonna be  
alright

Cause the players gonna play, play,  
play And the haters gonna hate, hate,  
hate Baby I'm just gonna shake,  
shake, shake, Shake it off

HOW CAN YOU SIMPLIFY  
*“SHAKE IT OFF”* FOR THE  
POPULATIONS YOU WORK  
WITH?

MUSIC THERAPY AND SELF-CARE:  
AN ORFF-SCHULWERK APPROACH



# POSSIBLE GOAL AREAS

- ▶ Increase energy
- ▶ Brighten affect
- ▶ Promote self-expression
- ▶ Increase teamwork
- ▶ Reduce anxiety

# SO, WHAT IS ORFF MUSIC THERAPY?

- ▶ Process rather than product.
- ▶ Allows client contribution at their appropriate developmental stage.
- ▶ More than just instruments and musical arrangements for children.
- ▶ Sound pedagogical process that informs a wide variety of therapeutic settings.
- ▶ Allows the music therapist to engage in action-oriented (client derived) interventions.

“Tell me, I forget, show me, I remember, involve me, I understand”

--Carl Orff

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# RECOMMENDED READING LIST/MORE INFORMATION:

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