

## **Handout 32**

### **Sample APA Outline**

Therapeutic Uses 1

#### Therapeutic Uses of Music

##### Outline

Thesis: Because of its psychological and physiological effects on individuals and groups, music has therapeutic uses in the treatment of mental and physical illnesses.

- I. The psychological and physiological effects of music
  - A. Psychological responses to music
    1. In individuals
    2. In groups
  - B. Physical responses to music
- II. Music therapy in ancient times
- III. The use of music for psychotherapy in modern times
  - A. To reduce abnormal self-centeredness
  - B. To alter undesirable moods
    1. The “iso” principle of suiting music to mood
    2. The encouragement of parents to participate in producing music
  - C. To reach apparently inaccessible patients

- D. To assist in group therapy
  - E. To abate senility
- IV. The use of music therapy for resocialization Therapeutic Uses 2
- V. The use of music for physical therapy
- A. To relieve patients whose physical injuries lead them to despair
  - B. To help rehabilitate patients with brain damage
    - 1. The use of Musicall, a simplified method of teaching music
    - 2. Other uses of music therapy in physical rehabilitation of brain-damaged patients
  - C. To help rehabilitate polio victims
- VI. Present trends in use and evaluation of music therapy

**Reference:** Heineman, A. and Willis, H. (1988). Writing Term Papers. (3<sup>rd</sup>.ed).

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**Prepared by:** Mrs. Mary Khoury. Lecturer, DETE. March 2008