

The Music Conversation

...listening to music to find the resources, strengths
and preferred futures of your clients...

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(MUZIEK) THERAPIE

Take It Up by World Party

I got an extra glimpse of the truth today
Staring at my breakfast
When I thought I heard it say
Fighting is no good
Success an empty lie.
The treasure hunt is lonely
Until you realize.

We came to take it up
We came to take it up
We came to take it up
We came to raise it up
We came to take it up
We came to move it up.

I promise you miss, I will do my best today
But somebody keeps trying to make me
Trying to make me lose my way
But I believe, oh my darling,
I believe in you
And I hope when you hear this
You'll remember what we were sent to do

We came to take it up
We came to take it up
We came to take it up.
We came to move it up
Came to raise it up
Came to praise it up
I came to take you up
You came to take me up
We came to take us up
Take me up
Take me up

Speeding out of the town
I thought I'd lost my way
Til I saw the green and ebony
Come a-wondering about their pay.
Well, I've got the money
If you've still got the friends.
We can really put this world to right
Or sit and watch the end.
You know

We gonna take it up.
We gonna move it up.
We gonna take it up.
We gonna take it up.
To the very very top
To the very very very very very very top
To the very very top

Introduction

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Groups of 3 - A, B & C

- **A - play B & C a piece of your music that made a difference to you from your smartphone/iPod/tablet - two minutes**
- **B - ask A what difference has it made...**
- **C - feedback to A and B what they liked about listening first to A's music and then to the conversation between A & B**

- **Share experiences of the last exercise**
- **Can you use this in your SF practice?**
- **Do you already use music in your SF practice?**

What does music do to us?

- **Memory**
- **Concentration**
- **Physical reactions**
- **Communication**
- **More dopamine**
- **Less cortisone**
- **Creates atmosphere**
- **Social influences**
- **Emotions**
- **Images**
- **Cultural aspect**

Listen to music stimulates brain activity

How to listen?

- **Objective**
 - **Analytic**

- **Subjective**
 - **Personal reflections, sensations, reactions**
 - **Value**

SF attitude

- **Open**
- **Be aware of own values and reactions**
- **Curious**
- **Non-expert**
- **Concentration**
- **Keep eye on your clients**
- **Sincere**
- **Let the music do its job**

Enough talking, let's listen!

- **2 times same piece (Quiescence, Avishai Cohen)**
- **Invitation to reflect**
- **Take some time to reflect**

- **Same piece**
- **Invitation:**
- **As you are listening to this music, reflect on how music might be useful in your work.**

Share experiences

What's the difference?

Solution focused playlist

Spotify

Don't stop till you get enough!!