

**NEW BOOK: The Clinician's Guide to Forensic Music Therapy - first book to offer clear, evidence-based manuals for forensic music therapists treating psychiatric patients and prisoners.**

'The Clinician's Guide to Forensic Music Therapy' by Stella Compton Dickinson and Laurien Hakvoort, is the first book to offer clear, evidence-based manuals for forensic music therapists.

Given the current government drive towards understanding mental health treatment and costs of the incarceration of prisoners and overcrowding of prisons, this is a timely publication.

This book is the outcome of rigorous health service research over fifteen years and independently conducted research from the Netherlands.

The results indicate that Music Therapy intervention can improve behaviour and responses including anger management, and the reduction of restrictive and other antisocial behaviour.

Furthermore, the indication is that the length of stay in a secure hospital setting may be reduced when Music Therapy is included as part of multi-disciplinary offence-related treatment.

Unlike using only recreational music, Forensic Music Therapy has a statistically significant and sustainable effects in improving how patients relate to others. (A Journal paper of the research results of the UK model has been submitted for publication. Kellett Hall and Compton Dickinson 2017)

Published in April 2017, 'The Clinician's Guide to Forensic Music Therapy' is a clinically proven and highly pragmatic new treatment manual to aid music therapists in treating and understanding patients' needs in forensic and other secure psychiatric settings.

'The Clinician's Guide to Forensic Music Therapy' provides information and advice on how to deliver, effectively and safely, two context-specific, systematic approaches in forensic music therapy.

The book contains two clinically tested treatment manuals which have been specifically designed for use by music therapists and other clinicians working in prisons and secure hospital settings. They provide in-depth practical guidance for a variety of contexts and specific attention is given to risk assessment, responsivity to treatment and recovery.

Since all inmates and patients in prisons and secure hospitals have committed offences, the issue of whether or not they are treatable,

and how this may be undertaken effectively is the central tenet of the book. Referred to as 'forensic patients', all have passed through the criminal justice system and all have psychiatric diagnoses. The authors consider how music therapy can contribute to the lives and treatment of men and women who have committed offences and are incarcerated.

Drawing upon mindfulness, neuroscience group analysis, cognitive analytic and cognitive behavioural science and sociology, Compton Dickinson and Hakvoort offer finely tuned music therapy treatment interventions for a variety of patients and settings.

The issues addressed in the book include whether and how forensic music therapists can tailor their services to people with identified mental health problems and learning impairments; where therapy would be indicated; as well as how to develop music therapy treatments for the non-clinical populations found in prisons.

Music Therapy can help set appropriate boundaries, and provide possibilities for distance and thinking when words alone, particularly around the index offence, may be too painful or traumatic. This book, through its evidence-based approach explains how and when to use music therapy.

As the very first of its kind, and written by two leading practitioners of forensic music therapy, this book is essential reading for any music therapist and student of music therapy. It will also be of interest to other clinicians working in correctional or secure psychiatric settings and includes a chapter for them on how to use music effectively.

*'Students, clinicians, and researchers will find this text progressive and applicable. The thoroughly tested treatment manuals for this traditionally underserved and marginalized clinical population constitute welcome additions to our profession. I offer a sincere thanks to these distinguished scholars for their remarkable and comprehensive contribution to the music therapy literature.'*

Michael J. Silverman, PhD, MT-BC; Director of Music Therapy, University of Minnesota, USA

### **Author Biographies**

Dr Stella Compton-Dickinson is a London-based Health and Care Profession council registered music therapist, accredited supervisor, professional oboist and lecturer, UK Council for Psychotherapy registered therapist and supervisor. She has her own private practice and twenty years' experience in the National Health Service as a Clinician, Head of Arts Therapies and Clinical Research Lead.

Dr Laurien Hakvoort is a Dutch senior registered music therapist and Neurologic Music Therapy fellow. She is a lecturer in music therapy of ArtEZ school of music and worked for 17 years in forensic psychiatry.

**Editor's Notes:**

Dr Stella Compton-Dickinson is available for interview and articles.

Pdf review copies are available. Please note we can only supply a hard copy of the book if a review is guaranteed.

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**Previous Titles:** Edited by Stella Compton Dickinson, Helen Odell-Miller and John Adlam, 'Forensic Music Therapy: A Treatment for Men and Women in Secure Hospital Settings', Oct 2012 (978-1849052528)