

Sparkling divas! Therapeutic music video groups with at-risk youth.

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Sparkling Divas! Therapeutic Music Video Groups with At-Risk Youth

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Abstract

The purpose of this pilot project was to explore the use of popular music, songwriting, technology, and music and video production with at-risk youth in an urban environment. Through participating in the therapeutic music video process, the participants developed a healthy sense of group identity, a sense of control of their creative process, and experienced a safe space in which to channel their creative energy. Included in this article is an overview of music therapy practice with at-risk youth, a summary of the group process, and a description of the technology that was utilized in this program.

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