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# Songs of Healing: Songwriting with an Abused Adolescent FREE

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## Abstract

Survivors of childhood sexual abuse are often left to deal with a variety of mixed emotions and in need of a means for self-expression. This article discusses the use of songwriting with an abused adolescent to increase expression of feelings and build self-esteem. A review of the effects of sexual abuse and the use of songwriting in the literature is given, followed by a brief client case history, music therapy assessment results and goals, and a description of the author's procedure for songwriting sessions. Finally, client progress is shared through a number of original song lyrics.

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