



# ROCK BAND




A music ensemble that mixes the unique contributions of each individual to play popular styles of music.



Like any good garage band, Rock Band is a rehearsal for more than just music: each person gets to practice feeling proud and humble at the same time. On the one hand, the band needs people eager to do their part -- strike their cymbal, smack their drum, blow their horn -- and it's the facilitator task to include and order everyone's contribution. But on the other hand, the band also depends on people willing to wait their turn. Enthusiasm and restraint, independence and collaboration, practice and spontaneity -- while these pairs of opposites seem like they should cancel each other out, music is where they all become necessary. Likewise, music is a context in which every person is necessary as well. In Rock Band, the assumption is that every member has something to give, so it is never the person who is the limiting factor but our imaginations. If a person has a 3-inch range of motion, sitting in front of the nearly 60-inch spread of a grand piano might feel intimidating. But put that same hand in front of an iPad keyboard, and suddenly the 3-inch range of motion is perfectly suited for the dimensions of the screen. With the mere flick of a finger, a person can slide from one end of the keyboard to another, experiencing the full span of keys and musical possibilities that the piano has to offer. While some garage bands rely on technology like microphones and amplifiers, Rock Band makes use of adaptive technologies to empower people, taking what may seem like imperceptibly small motions and converting them into sounds that can't be ignored.

## TCFD OUTCOMES

This activity is aimed at helping individuals excel in the following categories:

-  Socialization
-  Communication
-  Self Expression

## PROGRAM OVERVIEW

Facilitators begin by assessing the strengths and interests of each group member and assigning roles accordingly. If one person can hold a basic beat on a drum and another can produce a cymbal crash on cue, then it is the facilitator's job to place these contributions within the piece. A carefully arranged piece will be one that makes room for all members. The facilitator will often base these arrangements on popular music in order to make current trends more relatable to members and use adaptive technology to make success in the arrangement more accessible. These devices might include switch-activated electronics that simulate a whole assortment of instruments; equipment to make instruments easier or more functional to play; and/or software to help structure the pieces. In addition to learning a set list of songs, members may also improvise together. In one of these jam sessions, the role of the facilitator then changes from actively conducting to creating a framework that holds the music together as it develops.

## WHY WE DO IT:

Music is a social experience. In fact, the English language is full of this intuition, because we frequently describe connection in musical terms: we say we're "in tune," "in harmony," "on the same wavelength," "vibing." Essentially, musical ensembles offer a model of a world we'd like to create: one in which everyone literally has a part to play.

## GUIDING PRINCIPLES FOR TCFD MUSIC THERAPISTS:

- ***The experience of playing music together, whether by improvising or re-creating a piece of music that exists already, is inherently therapeutic.***
- ***With thoughtful, clinical implementation, there is room for every person, at every skill level, to be successful within musical experiences.***



## A ADAPTATIONS

Utilize technology with both low and high tech devices:

### Low Tech Devices

- Lock line and clamps
- IV pole
- Foam Handle: equipment used to adapt instruments to make them easier or more functional to play. For example, mounting a tambourine so the player can use their head to hit it instead of their hands.

**Switch Activated Electronics:** A switch can be programmed with a distinctive tune or verse that plays each time the band member activates it. Switches can be utilized using hands, feet, elbows, head, or chin, depending on the group member's abilities.

### High Tech Devices

iPad or Smartphone apps:

**Garageband:** Recording software that includes accessible virtual instruments with professional quality sound. This program also contains loops and samples, which can be used to create songs.

**AutoRap by Smule:** Choose from over 100 beats from popular artists and turn your speech into a rap.

**Magic Piano and Magic Guitar by Smule:** Learn to play the hottest songs across all genre's while following beams of light to guide your fingertips

**Beatwave:** Mix and loop your arrangements to create the perfect song. Layer multiple tracks and sound to construct beats and melodies easily.

**Quintet:** a programmable musical instrument that enables music sequences and loops to be played through switch activation.

**AUMI:** Adaptive Use Musical Instruments software interface is a musical instrument that enables people who have very limited controlled movement to independently engage in music making.

**Skoog:** The Skoog is a soft, squeezable object that plugs into your computer USB port. By touching, pressing, squashing, twisting or tapping the Skoog you can play a wide range of instruments.

**Phonotonic:** a wearable sensor and an app that turns all your moves into music in real time. The sensor communicates with the Phonotonic app via Bluetooth and measures every movement using inertial sensors. The app then transforms those dates into music in real time. Users can choose any of the tracks featured in the app. A similar product is the Soundmooves Bracelet.

- When you connect two phonotonic sensors to the app, the rhythm and melody are driven directly by the movements of the user and melody and rhythm are split on two phonotonic allowing you to combine talent with friends!

