

POLYRHYTHMIC ARTS

WORKSHOPS & WEBINARS Song Writing



A) Psychoeducation. Discussion on a specified topic (i.e. Depression, anxiety, motivation, etc.) Topic coordinated with host organization.

B) Elements. Overview of writing music and lyrics. Analysis of popular music from a mental health lens. Explore strategies for translating emotion into music. PA hosts will implement live examples via guitar and keyboard. Participants who play instruments are free to join in this step.

D) Song creation. Participants are guided in creating a song. Depending on group size, participants may each create their own (whether lyrics, melodies, instrumentation, etc.) or the group may create the song together as a collaborative venture.

D) Process. Participants will discuss what elements of the exercise may be applied to work, school, or personal lives,

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