Playlists for Music Therapy

Healing Music Playlist (Spiritual Music 1)

Rock/Pop styles

- The Chain (Fleetwood Mac)
- Hurt (J. Cash)
- _____
- _____
- _____
- _____
- _____

Jazz, R&B, Gospel, World styles

- Redemption Song (Bob Marley)
- _____
- _____
- _____
- _____

Classical/Soundtrack styles

- Dies Irae (Verdi)
- Lord of the Rings soundtrack, esp. “Pippin’s Song” and “One of the Dunedain”
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- _____
- _____
- _____
- _____

Gratitude Music Playlist (Spiritual Music 2)

Rock/Pop styles

- Closer to the Heart (Rush)
- Thank You (Dido)
- What a Wonderful World (Ramones or Louis Armstrong versions)
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Jazz, R&B, Gospel, World styles

- “Oh Happy Day: All-Star Music Celebration” (Full Album)
- Stand By Me (Ben E. King)
- _____
- _____
- _____

Classical/Soundtrack styles

- Mormon Tabernacle Choir: Amazing Grace, Consider the Lilies, Hallelujah Chorus
- Thankful (Josh Groban)
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- _____
- _____
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- _____
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Awakening (*Instrumental*) Playlist (Attention-Focusing 1)

Pop styles

- Disneyland Parks music, especially Main Street USA, Adventureland, Pirates of Caribbean
- Popcorn (Hot Butter)
- _____
- _____
- _____

Classical/Soundtrack styles

- John Williams:
    - Catch Me If You Can Main Theme, Tintin Main Theme, Indiana Jones anything
- Morning Mood (Grieg)
- Pines of Rome (Respighi)
- _____
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- _____
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Jazz, R&B, Gospel, World styles

- I've Got No Strings (Gypsy Kings version)
- Anything by Gordon Goodwin's Big Band Jazz (i.e., The Jazz Police)
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- _____
- _____
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Awakening (*Songs*) Playlist (Attention-Focusing 2)

Rock/Pop styles

- Blue Sky (Allman Brothers)
- Changes (David Bowie)
- Lonely Boy (Black Keys)
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Jazz, R&B, Gospel, World styles

- Blues Brothers soundtrack: Think, Everybody Needs Somebody, Minnie the Moocher, Shake a Tail Feather
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Power Songs—Anthems (Energizing Music 1)

Rock/Pop styles

- Bohemian Rhapsody (Queen)
- I Love Rock and Roll (J. Jett)
- Yorktown (The World Turned Upside Down) (Hamilton)
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Jazz, R&B, Gospel, World styles

- Higher Ground (Stevie Wonder)
- I Will Survive (G. Gaynor)
- Superstition (Stevie Wonder)
- _____
- _____
- _____
- _____
- _____
- _____

Upbeat Music to Get You Singing or Dancing Playlist (Energizing Music 2)

Rock/Pop styles

- All Star (Smash Mouth)
- Beach Boys, esp. Surfin' USA, Wouldn't It Be Nice, Kokomo, Fun fun fun
- Brown-Eyed Girl (Van Morrison)
- Paradise City (GnR)
- _____
- _____
- _____
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- _____
- _____
- _____

Jazz, R&B, Gospel, World styles

- Blues Brothers soundtrack, esp. Sweet Home Chicago, Jailhouse Rock, Shake a Tail Feather
- Anything by Earth, Wind & Fire
- I Feel Good (James Brown)
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Comfort Music Playlist (Relaxing Music 1)

Rock/Pop styles

- America: Horse with No Name, Tin Man
- Beatles: Let It Be, Blackbird, Yesterday, Here Comes the Sun
- Dust in the Wind (Kansas)
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- _____
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Jazz, R&B, Gospel, World styles

- Mood Indigo (Ellington)
- Over the Rainbow (Israel Kamakawiwo'ole)
- _____
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Classical/Soundtrack styles

- All Through the Night (Celtic Lullaby)--Mormon Tabernacle choir version
- Air on the G String (Bach)
- Claire de Lune (Debussy)
- _____
- _____
- _____
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- _____
- _____

Sleep-Inducing Peaceful Music Playlist (Relaxing Music 2)

- Hobbit soundtrack: Misty Mountains, The White Council, Dreaming of Bag End
- Adagio in G minor (Albinoni)
- Almost any "peaceful with nature sounds" entry from YouTube
- _____
- _____
- _____
- _____
- _____
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Musical Autobiography

(0=none, 5=most)
Playlists: **A**. Attention focusing **B**. Energizing **C**. Relaxing **D**. Sleep inducing **E**. Spiritual **F**. Fun **G**. Leftovers

Songs	Relaxation	Enjoyment	Playlist
Childhood (to grade 7):			
(ex. Teddy Bear's Picnic	0	4	F)

Teenage years:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Important milestones, television/movies, concerts, other:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Relationships (any kind)

- _____
- _____
- _____
- _____
- _____
- _____
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