

Contents

List of contributors xv

Part 1 **Emotions**

- 1 Crystallizing the relationship between adolescents, music, and emotions 3
Katrina McFerran
- 2 Group music therapy with adolescents referred for aggression 15
Andeline dos Santos
- 3 Young people's uses of music for emotional immersion 25
Genevieve Dingle, Leah Sharman, and Joel Larwood
- 4 Measuring adolescents' emotional responses to music: Approaches, challenges, and opportunities 39
Tan-Chyuan Chin
- 5 Between down in the dumps and over the moon: Music therapy for young people with depression 53
Josephine Geipel
- 6 Musical affect regulation in adolescents: A conceptual model 65
Margarida Baltazar
- 7 Music and violence: Working with youth to prevent violence 75
Andreas Wölfl

Part 2 **Identity**

- 8 Music as a resource for agency and empowerment in identity construction 89
Suvi Saarikallio
- 9 Personality traits and music in adolescence 99
Dave Miranda
- 10 Musical preference and social identity in adolescence 109
Alexandra Lamont and David Hargreaves
- 11 'Forever piping songs forever new': The musical teenager and musical inner teenager across the life course 119
Tia De Nora

- 12 Music as a structuring resource in identity formation processes by adolescents engaging in music therapy—a case study from a Norwegian child welfare setting 127
Viggo Krüger
- 13 Working in music with adolescents who experience disability 139
Daphne Rickson
- 14 Reframing intervention and inclusion: The importance of exploring gender and sexuality in music therapy with all young people 151
Elly Scrine

Part 3 **Connectedness**

- 15 ‘What’s the WiFi code in here?’: Connecting with adolescents in music therapy 165
Philippa Derrington
 - 16 Entangled musical lives: Affordances of spaces in young people’s music engagement for connectedness and wellbeing 175
Susan A. O’Neill
 - 17 Wellbeing, young people, and music scenes 187
Andy Bennett and Lisa Nikulinsky
 - 18 ‘There is a good spot in my heart’: A story of a music therapy group that enables young sex offenders to reconnect with themselves, their stories, and their communities 197
Helen Oosthuizen
 - 19 Social media, adolescent developmental tasks, and music 207
Roseann Pluretti and Piotr S. Bobkowski
 - 20 Globalizing adolescence: Digital music cultures and music therapy 217
Michael Viega
 - 21 My iPod, YouTube, and our playlists: Connections made in and beyond therapy 225
Carmen Cheong-Clinch
- Author Index 237
Subject Index 247