

## Songs and their associated basic human needs

The following are examples of needs that can be expressed/fulfilled when singing old songs. This depends on the personal history of the client.

As an exercise, participants should try to find these associations, think of examples of client's personal history where these songs could stimulate or fulfil the needs.

In small groups, participants can fill out a handout sheet, write on flip chart paper or some method of sharing information.

This can also be done in plenum, as a discussion with notes taken on a flip chart, board or other method of sharing information.

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| General points about singing old songs         | Increases feelings of self-worth.<br>The brain and ability to speak are stimulated.  |
| Lullaby<br>Song associated with a mother       | To be nurtured<br>Safety, security<br>To be loved and belong<br>To express feelings (sadness, love, peace)<br>Recognition<br>Resolution of unfinished issues |
| March, army song                               | To belong to a group<br>To be respected<br>Recognition<br>To express emotions (anger, pride)<br>Resolution of unfinished issues                              |
| Love song                                      | Sexual expression<br>To be nurtured, safe and secure<br>To express feelings (love, sadness)<br>to have a role in life<br>resolution of unfinished issues     |
| Children's song                                | To give love and nurturing<br>To express feelings (love, sadness)<br>To be useful<br>Identity, self-worth<br>Resolution of unfinished issues                 |
| Religious song                                 | To be nurtured, safe and secure<br>To be loved, to belong  |
| Celebration songs<br>Ex. birthday or Christmas | Trust<br>To be part of a whole<br>To be loved<br>(Also, to stimulate old rituals and social behavior.)   |