

Coorie Doon: exploring the benefits of collaborative song-writing for families

Rachel Drury



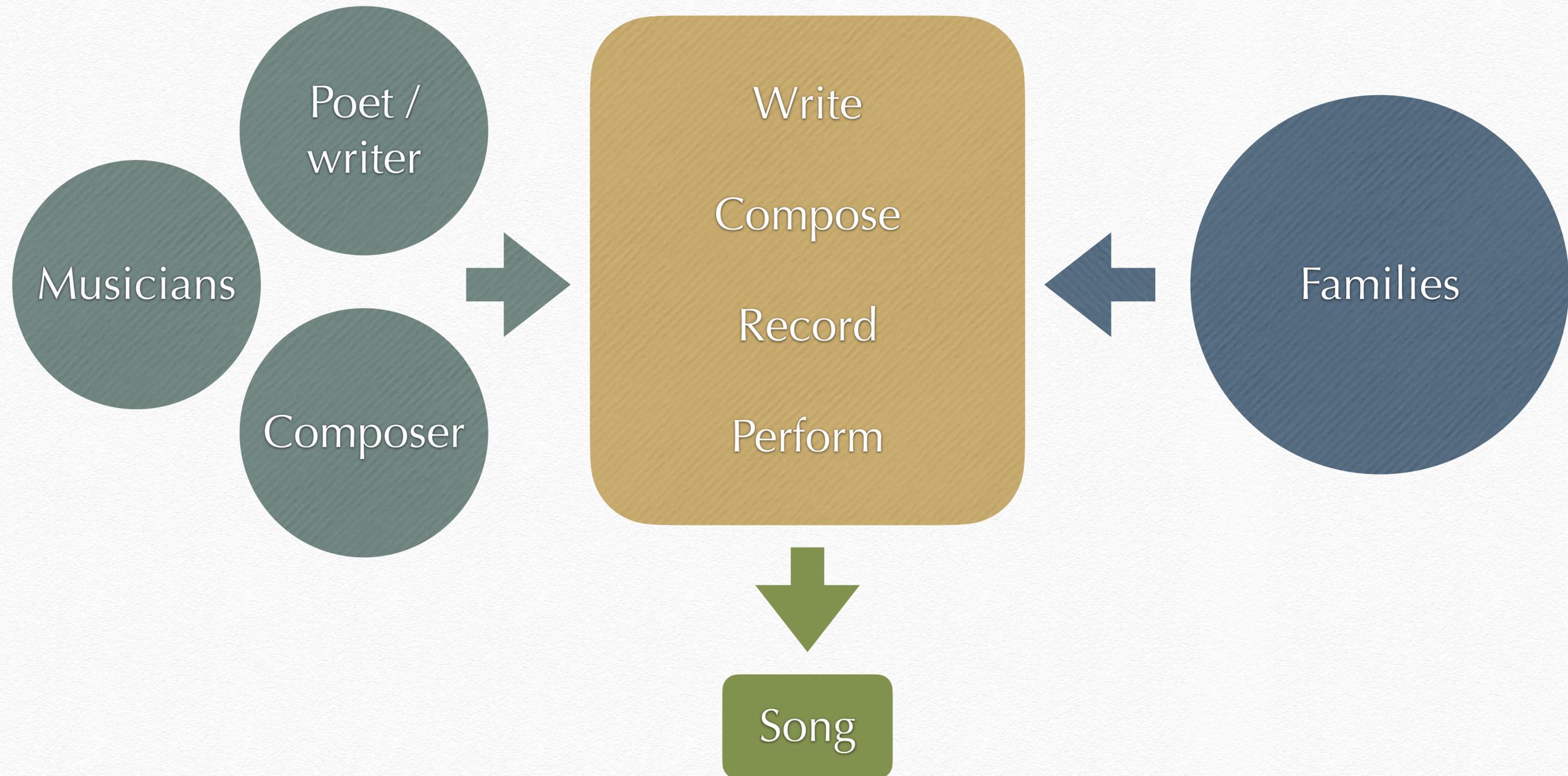
**Chamber
Music
Scotland**

Coorie Doon: to snuggle down, settle in

Coorie Doon is a songwriting project initiated by Chamber Music Scotland (formerly Enterprise Music Scotland) in 2015



Coorie Doon



The aims of Coorie Doon are:

- ❖ to work collaboratively with parents and siblings (guardians / caregivers) to help them write a song for and / or with their child
- ❖ to allow the participants to make as many of the creative decisions regarding the song as possible
- ❖ to give the participants ownership over their song by including them in the writing, recording and performance elements
- ❖ to provide a different kind of platform for the participants to express their emotions and tell their stories

Coorie Doon back catalogue

North Edinburgh Pregnancy Cafe, 2015

Rachel House Children's Hospice (CHAS), 2017 and 2018

Queen Elizabeth University Hospital, NICU, 2019

Renfrewshire Council, 2020

<https://www.chambermusicscotland.com/projects/coorie-doon>

All tracks are available on Chamber Music Scotland's Soundcloud page:

<https://soundcloud.com/chamber-music-scotland>

Songwriting: the research stuff

Definition of Therapeutic Songwriting:

The process of creating, notating and/or recording lyrics and music by the client or clients and therapist within a therapeutic relationship to address psychosocial, emotional, cognitive and communication needs of the client

(Baker and Wigram, 2005 p.16)

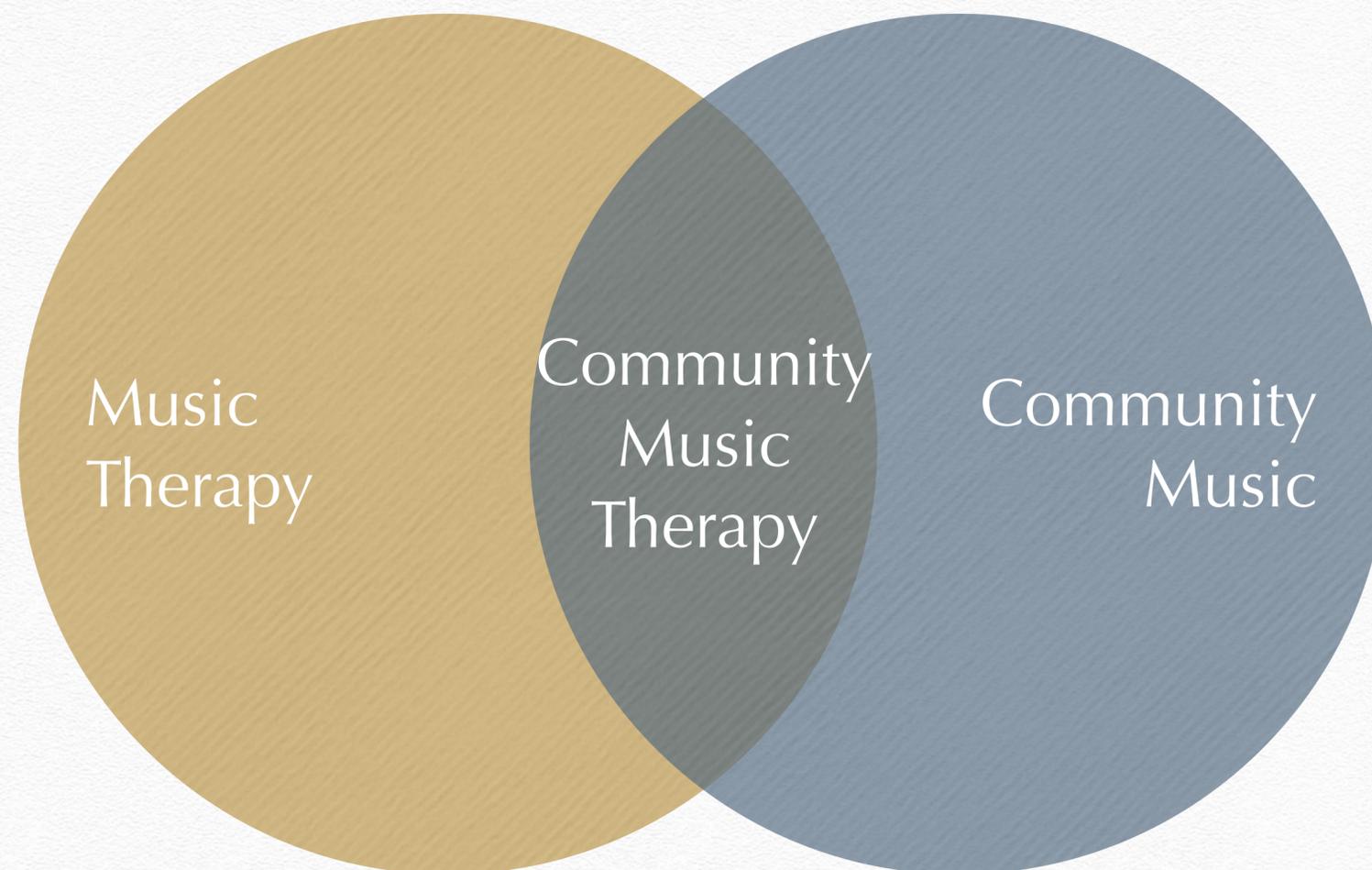
Music Therapy vs Community Music

Therapeutic songwriting happens within a therapist / client model



therapeutic songwriting can also happen within a facilitator / participant model

Community Music Therapy



Further reading:
Pavlicvic and Ansdell, 2004
Ansdell and DeNora, 2012 and 2016
Aigen, 2018

Research findings

“songs tell people’s stories and are therefore a useful medium for people to make sense of their life narratives”

“Songwriting creates a collaborative medium through which emotional expression are translated into something tangible - an artefact (i.e. the recording of the song) which then has a legacy”

(Bruscia, 2011 p.11/16)

Research findings



It has been recognised that key aims for the use of therapeutic songwriting is to afford the songwriter a sense of achievement (see Aasgaard, 2002; Baker, 2013c; Grocke et al., 2009), mastery, self-esteem and self-confidence

Evaluation

What did you like about taking part?

This was such an emotional & exciting experience. Something we looked forward to. Helped us express emotions through good times and hard.

Everything. During hard times the song helped give us a task and hope. [...] The project literally captured the essence of my family.

Evaluation was conducted by Joan Burns, Psychologist at QEUH Neonatal Unit

Evaluation

These people are not nurses or doctors, so to go in and have a chat about our son's situation in a stress free environment & having every emotion & feeling listened to is amazing.

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Thank you to:

Our host partners

North Edinburgh Pregnancy Cafe
Rachel House Children's Hospice
QEUH Neonatal Unit
Renfrewshire Council

Coorie Doon Team

Aisling Agnew
Ainsley Hamill
Rachel Lightbody
Ciara MacLaverty
Martin O'Connor
Ysla Robertson
Emma Roche
Esther Swift

The CMS Team

Haley Barclay
Danielle Price
Paul Tracey



**Chamber
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All of the families we have had the privilege of working with



Thank you

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