A Musical Self-Portrait: Life Review Through Song

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The story of my life
Butler’s life review

an increased need for reminiscence and review (West, 1994).

sense of self may be challenged (Hogan, 2003)

life review can be helpful in expressing emotion, elevating mood, working through unresolved issues, reconnecting with heritage and fostering hope (Sato, 2011)

sense of pride in accomplishments (Kasl-Godley, Gatz, 2000)

can help to adapt to changes and provide a sense of continuity (Lin, Dal and Hwuang, 2003).
What can music add to the process?
Life review through music
Musical Life Review Model 
(Sato 2011)

- Stimuli
- Themes
- Response
- Evaluation
- Therapeutic outcomes
Case Example: Hazel
Possible considerations and modifications
Applications for those caring for individuals at end of life


