



Improvisation: Methods and Techniques for Music Therapy Clinicians, Educators, and Students (Book and CD)

Tony Wigram

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Improvisation plays a key role in the toolbox of the music therapist. Tony Wigram's practical and comprehensive guide and CD will prove indispensable to students, teachers, therapists and musicians as a book of musical techniques and therapeutic methods. Beginning with an overview of developing, teaching and analysing the skills of improvisation, Wigram describes techniques ranging from warming up to mirroring, rhythmic grounding, containing and holding. With specific sections on piano improvisation, chordal and 2-, 3- and 4- note improvisation are covered, in addition to advanced skills such as frameworking and transitions. Wigram also includes techniques for thematic improvisation, group improvisation and outlines methods for analysing and reporting improvisational processes. Notated examples allow readers to try out techniques and progress as they read, with audio examples on the accompanying CD adding another dimension to the structure and guidance provided for all levels of music student and therapist.

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