

Mp3 Deborah Spiegel Mt-bc - You'll Make It Through The Rain!



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Songs that understand, lift you up, and help/move you - written by a music therapist who uses them to make a difference in people's lives. 5 MP3 Songs FOLK: Gentle, FOLK: Psych-folk Details: Deborah Spiegel MT-BC is a Board Certified Music Therapist who has been in the field for over 25 years. Her original songs are used widely and respected by many, including: therapists, counselors, schools, treatment centers, and by people interested in their own personal growth. Deborah Spiegel's original songs make a difference. They offer positive support for life's problems. They reinforce coping skills that can be used to handle and overcome stressful times. They are uplifting and inspire an I can do it attitude, moving the listener to take action and take charge and overcome anything. The songs on this CD are validating, offer hope, and reinforce skills for change. The lyrics teach positive self-talk and self-encouragement. They reinforce strategies for overcoming obstacles and being wise when faced with an emotional time. As a Dialectical Behavioral Therapy (DBT) skills group leader Deborah also uses these songs to teach and reinforce DBT skills. There is a companion booklet with reproducible lyric sheets, chord sheets, and suggestions for how to use the songs in therapeutic settings. This is available at therapeuticmusic.net. HERE ARE SOME EXAMPLES OF WHAT PEOPLE SAY ABOUT THIS CD: "I love this cd. Not only does it move me, it supports me in moving on with my life. It's upbeat musically and in its messages, and makes me feel hopeful. The song messages and rhythms stick with me throughout the day. I feel validated and supported." Merina "It brings me hope. It gives me a calming feeling. The lyrics and music are inspirational to me and help me feel that I can do anything." Solei "I felt healed on a cellular level when I heard this. I don't have to be worried. I can let my worry go. I can do this! Diane Responses To The Message Song: This song really moves me. It helps me out a lot. I wish I could listen

to it every day because I really think it would change my life and the way I think about myself. Amber I like the line She tried to get rid of the pain she felt inside because it explains me and it makes me feel good to know somebody else feels the same. Sarah I like when your mind is set theres nothing you cant do because it makes me feel like I can do anything if I put my mind to it. John I like You deserve the best, you can make it through the rest, youre special and you really ought to know. I want to feel special and I do deserve the best. Tiffany "If you work with adolescents or if you are having a hard time these songs can really help." Deborah Spiegel is available for private consultations. People who are interested in should consider this download.

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