



# MTAA CE Day 2022

## Mental Health



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TWENTY ONE PILOTS  

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CAR RADIO

# Car Radio - Twenty-one Pilots



**I ponder of something great  
My lungs will fill and then deflate  
They fill with fire, exhale desire  
I know it's dire my time today**

**I have these thoughts, so often I ought  
To replace that slot with what I once bought  
'Cause somebody stole my car radio  
And now I just sit in silence**

Sometimes quiet is violent  
I find it hard to hide it  
My pride is no longer inside  
It's on my sleeve  
My skin will scream reminding me of  
Who I killed inside my dream  
I hate this car that I'm driving  
There's no hiding for me  
I'm forced to deal with what I feel  
There is no distraction to mask what is real  
I could pull the steering wheel

I ponder of something terrifying  
'Cause this time there's no sound to hide behind  
I find over the course of our human existence  
One thing consists of consistence  
And it's that we're all battling fear  
Oh dear, I don't know if we know why we're here  
Oh my, too deep, please stop thinking  
I liked it better when my car had sound

There are things we can do  
But from the things that work there are only two  
And from the two that we choose to do  
Peace will win and fear will lose  
It is faith and there's sleep  
We need to pick one please because  
Faith is to be awake  
And to be awake is for us to think  
And for us to think is to be alive  
And I will try with every rhyme  
To come across like I am dying  
To let you know you need to try to think



## Questions you might ask...

- What words or phrases stand out to you?
- Was there something in particular that came up?
- What thoughts did it bring up?
- Was there an emotional response? Where is that coming from?
- If your car had sound, what would be the sounds coming out of it?



# The Car Radio of Your Mind

What channels would  
it have?

- Music you enjoy
- Different playlists
- Musical experiences
- Memories associated with specific music
- Things you are looking forward to
- Things you enjoy doing

... let's switch the channel.



## What has been helpful?

- Be curious - ask questions that help “dig deeper”
  - “Tell me more about...”, “Please say more”, silence
- Summarize, re-phrase, reflect -
  - “It sounds like...”, “I’m hearing...”
- Offer another perspective -
  - “What would happen if...?”
- Give homework -
  - What is the client going to do in between sessions?