Music Therapy for Latina Victims of Domestic Violence

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Introduction

Domestic Violence (DV) or Intimate Partner Violence (IPV) continues to be a serious international problem (Orozco, Nievar, and Middlemiss, 2012).

It is a public health concern affecting millions of women in the United States each year, having tremendous physical and psychological effects not only on adult victims, but children as well (Cummings, Gonzalez, and Sandoval, 2013).

Approximately 50% of Latina immigrant women living in the United States reported suffering from physical abuse, verbal threats, and coercion by their partners (Goldberg, Hokoda, and Ramos- Lira, 2007).

The purpose of this project was to write a grant proposal to develop and obtain funding for a music therapy program for Latina DV victims currently receiving services at Venice Family Clinic located in Santa Monica, California.
Social Work Relevance

According to the National Association of Social Workers (NASW) *Code of Ethics* (2017), culturally competent social work practice focuses on the need for a general sensitivity to cultural factors to provide the best services to clients. Culturally competent social work practice with Latinos is essential for the effectiveness of treatment delivery (Furman et al., 2009).

The NASW *Code of Ethics* (2017) states that the primary mission of the social work profession is “to enhance human well-being and help meet the basic needs of all people, with particular attention to the needs and empowerment of people who are vulnerable, oppressed, and living in poverty” (NASW, 2017, “Preamble”). Domestic violence Latina women victims are part of this group making them a particularly vulnerable population.
Multicultural Relevance

- Domestic violence does not distinguish race or color. It is an issue that occurs among many ethnicities (Howard, Trevillion, and Agne-Davis, 2010).

- It has been estimated that there are different types of DV around the world; this problem has increased global epidemic levels affecting 1 out of every 2 to 3 women.

- In developing countries, 5 to 19% of all diseases are caused by DV in women ages 15 to 44 (Ahmadzad-Asl, Davoudi, Zarei, Mohamad-Sadeghi, and Rasoulian, 2016).
Methods

- The target population of this grant project will be clients served at the Venice Family Clinic located at Santa Monica, California. A minimum of 30 Latina victims of domestic violence will be identified by the Director of Behavioral Health and referred to the grant funded project. The clients will range from 20 years to 75 years of age.

- The Grantsmanship Center of Los Angeles and Fundsnet Services were utilized to find available sources for funding this project.

- Based on Jewish Community Foundation Los Angeles’ interest in helping domestic violence victims in Los Angeles area, and an interest in supporting and funding programs, it was chosen to be the most appropriate funder for the proposed grant.
Methods

- The proposed music therapy program was designed to help meet the needs of Latinas who have experienced DV. To identify the needs of this population, a literature review was conducted to gain knowledge about the experience of DV among Latinas and their health and mental health needs.

- **Direct program costs:** Expenses include: MacBook Air laptop, $1,500.00. Musical instruments and CD player, $1,000.00. Books for participants, $220.00. CDs for participants, $240.00. Office supplies, $500.00. Refreshments, $1,000.00. Rent and utilities of space will be donated in-kind by VFC; therefore, it is not included in proposed music therapy program budget. The total amount requested for the funder is $57,706.00.
Grant Proposal

- Music therapy program called, *Musiquita de Armonia* (Little Harmony Music) for identified Latina DV victims designed to provide meaningful and healing activities during sessions.

- Participants will explore and play different instruments and make different sounds. They will also choose from a variety of music. Songs chosen will be played and listen.

- Participants will participate in dancing activities and compose songs. Participants will work individually and in groups during music therapy activities. Ten minutes after the conclusion of each session, participants will write in their journal and have share their thoughts and feelings with other participants. The duration of the program is set at 1 year.
Grant Proposal

- **Objective 1:** Between 80 to 90% of participants will demonstrate a significant improvement in self-esteem through participating in music therapy.

- **Objective 2:** Between 80 to 90% of participants will demonstrate a significant reduction in PTSD symptoms.

- **Objective 3:** Between 80 to 90% of participants will demonstrate a significant reduction in social isolation by participating in music therapy.

- **Evaluation Pre-test / Post-test**
  - The Rosenberg Self-Esteem Scale (RSE; Rosenberg, 1989).
  - The PTSD Checklist for DSM-5 (PCL-5).
Lessons Learned and Implications for Social Work

- The proposed program is essential because Latinos are the fastest minority population in the United States and they are the least likely to report DV (Goldberg et al., 2007; Molina et al., 2009).

- More research is needed on Latina victims of DV and the mental health interventions that are effective in addressing the trauma experienced.

- During the process to identify possible potential funding sources, the grant writer obtained essential experience and knowledge about grant writing and finding funding sources.

- Additionally, social workers need to be familiar with the protections that VAWA (1994) provides to Latina immigrants who are victims of DV.
References


