



SongwritingWith:Soldiers

How a Positive Psychology-based Program is Rocking the World!

It began with a strength:

CURIOSITY



Using collaborative songwriting to
build creativity, connections
and strengths.

Retreats



The setting...



Professional Songwriters: Marshall Crenshaw, Mary Gauthier,
Gary Nicholson, Darden Smith



Sharing stories, listening, working together to create a song...



Long Beach, CA 2014



Walter Reed National Military Medical Center
November 2013



Belton, TX, May 2014 – All Female Retreat



Bluemont, VA –Retreat for Military Families

Mentoring



Creative Compositions - Additional Workshops



Relaxation

Closure Matters



Creativity through Strengths
Positive Psychology Workshops to encourage individual creativity after the retreat. 17

Songwriting With: Soldiers

www.songwritingwithsoldiers.org





Closure Circle

"I don't feel so alone."



Building Connections
-- in person, online, group calls

SongwritingWith:Soldiers

- Today – nearly 300 veterans and family members have attended
- More than 280 songs written
- More than 50% of participants are referred by past attendees

SongwritingWith:Soldiers.org

Thank You!

A very special thank you to my early teachers:
Neal Mayerson, Martin Seligman, Ben Dean, Chris Peterson
and Barbara Fredrickson whose dedication to Positive
Psychology and dissemination of the research inspired this
program.



Mary Judd - Executive Director