1. AI-Assisted Therapeutic Songwriting

I’m David D. McElroy. Imagine taking words you have written about a difficult experience and hearing them as a song. Generative A I can make that creative experiment more accessible. This presentation explains GAATS, or Generative A I Assisted Therapeutic Songwriting. We will explore the idea, the tools, and a five-stage process. GAATS is presented here as a proposed framework for reflection. Its specific therapeutic benefits still need direct evaluation.

Sources and qualifications

Source framework: AI Music Therapy Model - Google Docs.pdf, supplied by the user.

2. Personal words, heard differently

When the same thoughts keep returning, writing can give them a form outside the mind. Songwriting adds another possibility. You choose which words matter, arrange them into verses, and hear them with melody and rhythm. The aim is to explore a different relationship to the experience. Some people may find the result meaningful. Others may feel uncomfortable or prefer writing alone. The listener’s response guides the process.

Sources and qualifications

User-supplied research, sections on narrative externalization and auditory mirroring. Proposed application, not an established GAATS treatment effect.

3. Aesthetic distance

The research uses the term aesthetic distance to describe a possible shift in perspective. A person can listen to an artistic expression of an experience while noticing it from a little further away. That is a useful way to understand the intention of the exercise. It is not a guaranteed response to music. A familiar phrase or an unexpected vocal performance could intensify emotion. The person should control when to listen, when to change the sound, and when to stop.

Sources and qualifications

Conceptual interpretation of the supplied research. No clinical outcome claim.

4. Google’s music tools

Google’s tools offer several creative routes. Lyria three point five supports song generation with vocals, including lyrics supplied in the prompt. Music A I Sandbox offers creation, extension, and editing features, subject to access. Lyria RealTime supports continuous instrumental generation. Prompt D J and Music F X D J provide ways to explore changing musical styles. These are different tools. RealTime does not directly rewrite a finished vocal song, and the current Lyria song API does not support multi-turn editing.

Sources and qualifications

https://ai.google.dev/gemini-api/docs/music-generation?hl=en
https://ai.google.dev/gemini-api/docs/realtime-music-generation?hl=en
https://deepmind.google/blog/music-ai-sandbox-now-with-new-features-and-broader-access/

5. Stages 1 and 2

Stage one is narrative externalization. Begin with a manageable topic and write a short passage in your own words. Choose a few lines for a verse and a repeated idea for a chorus. Tags such as verse and chorus can communicate the intended structure. Stage two is affective translation. Describe a sound that fits the experience. That could mean a slower pace and sparse piano, or a steady rhythm with warmer instruments. Keep the meaning of the words under your control.

Sources and qualifications

Proposed five-stage framework in the supplied PDF. Lyric prompting: https://ai.google.dev/gemini-api/docs/music-generation?hl=en

6. Stage 3

Stage three is auditory mirroring. Generate a version, then check what the system actually sang. A model may alter words or produce an unexpected tone, so the output needs review. Listen at a comfortable volume and notice what stands out. Does a line feel different when sung? Does the arrangement fit? Is the experience helpful, neutral, or too intense? Pause whenever needed. Production quality can support the experience, but the person’s response matters more than polish.

Sources and qualifications

Supplied framework. Model variability: https://ai.google.dev/gemini-api/docs/music-generation?hl=en

7. Stages 4 and 5

Stage four explores alternatives. Try a different arrangement, use supported extension tools, or write a new verse that expresses an honest next step. RealTime controls can explore instrumental sound separately. A brighter sound or a major key does not automatically create a healthier emotion. Stage five is reflective integration. Ask what felt accurate, what changed, and what still needs attention. Keep the song only if it remains useful. Sharing it is optional, and the writer decides who may hear it.

Sources and qualifications

Proposed protocol in supplied PDF. Sandbox features: https://deepmind.google/blog/music-ai-sandbox-now-with-new-features-and-broader-access/
RealTime limits: https://ai.google.dev/gemini-api/docs/realtime-music-generation?hl=en

8. A small songwriting example

Here is an original example about everyday stress. The day keeps turning in my head. I carry every word I said. The chorus offers a modest response. I can pause and take my time. I can choose the next small line. A possible prompt would ask for gentle piano, a steady slow rhythm, clear vocals, and these exact lyrics. Then compare the output with your intention. The purpose is personal expression. There is no need to force a positive ending that feels untrue.

Sources and qualifications

Original illustrative lyrics and prompt created for this presentation. No music sample or treatment outcome implied.

9. Production quality and evidence

Good production can make words easier to understand and an arrangement more engaging. It may also help someone feel that their expression deserves attention. Those are plausible design reasons to care about quality. The reviewed evidence does not establish that studio polish directly reduces rumination, quiets a particular brain region, or improves clinical outcomes in GAATS. The cited therapeutic songwriting paper describes an intervention protocol and calls for further study. It does not validate this generative A I model.

Sources and qualifications

https://pmc.ncbi.nlm.nih.gov/articles/PMC9139126/

Supplied PDF's neuro-aesthetic claims are hypotheses, not demonstrated GAATS mechanisms.

10. Privacy, choice and support

Personal lyrics can reveal sensitive information. Remove names and identifying details before uploading, and review how the provider stores and uses prompts and audio. Keep sharing under your control. Google uses Synth I D watermarks to identify generated audio. A watermark does not make a song confidential or prove a therapeutic benefit. For clinical use, qualified professionals should assess suitability and provide support. If listening becomes overwhelming, stop the exercise and return to an appropriate source of human support.

Sources and qualifications

Provider watermarking: https://ai.google.dev/gemini-api/docs/music-generation?hl=en
https://deepmind.google/blog/music-ai-sandbox-now-with-new-features-and-broader-access/
Privacy and clinical boundaries are practical implementation guidance.

11. A creative framework to evaluate

GAATS combines a familiar human activity, songwriting, with tools that make musical production easier to access. Its promise is the opportunity to hear personal words in a new form and explore what that experience means. The five stages provide structure, while the person retains choice. Any claim of treatment effectiveness requires careful evaluation. The practical starting point is a small, voluntary creative exercise, followed by an honest reflection on whether it helped.

Sources and qualifications

Framework: user-supplied PDF. Evidence boundary: https://pmc.ncbi.nlm.nih.gov/articles/PMC9139126/

12. Sources and further reading

The source material includes your research report, Google’s product documentation, and a published therapeutic songwriting intervention protocol. The editable presentation includes the source links in its speaker notes. This overview explains a proposed creative approach and its limits. Thank you for listening.

Sources and qualifications

https://ai.google.dev/gemini-api/docs/music-generation?hl=en
https://ai.google.dev/gemini-api/docs/realtime-music-generation?hl=en
https://deepmind.google/blog/music-ai-sandbox-now-with-new-features-and-broader-access/
https://pmc.ncbi.nlm.nih.gov/articles/PMC9139126/