

Clinical BOPulations Episode 58: Stranger Things by Sh3

[00:00:00] **John:** Hey everyone, it's John the Bob Squad. Just wanted to let all of you know how much we appreciate you listening to the podcast. Hopefully you are getting a lot of. New intriguing ideas and some inspiration and just good content from our podcast. If you like what you're hearing, please consider supporting us on Patreon.

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I own two of our shirts and they are, My favorite shirts out of my wardrobe. They are so comfortable and soft and stylish if I do say so myself. So consider checking out some of our merch. It really is good quality stuff.

Alright now to the show.

[00:01:31] **Gabby:** Hello. My name is Gabby.

[00:01:34] **Allyson:** I'm Allyson.

[00:01:35] **Gabby:** And welcome to Clinical

Everyone: BOPulations!

[00:01:42] **Allyson:** Introducing music therapist to new bops and new bops to music therapy.

[00:01:46] **Gabby:** All right. Hello everybody. Welcome back. This episode we have an interview and a super cool song we're gonna dive into by Sh3.

[00:01:58] **Allyson:** Yay

[00:02:02] **Gabby:** So Sh3 comes to us from Canada and we're super excited to have her on and yeah. , would you like to tell us kind of a little bit about yourself?

[00:02:14] **Sh3:** Yeah. First off, thank you so much for having me. I think it's, it's so cool and such a small world in how we connected, which is so awesome. Sorry, you asked just to say a little bit about myself

[00:02:24] **Gabby:** or, Yeah, like your music background, who you are as an artist.

[00:02:28] **Sh3:** Yeah, so I have been making music my whole life, and I feel like that's such a cliché answer, but like that really is the truth of it. . I have, you know, very specific

memories of being very young, singing and mimicking the Spice Girls and, and just feeling super connected to them and just their whole everything and wanting to be part of that.

And yeah, so I just, I always took part in some form of music lessons, whether it was piano, guitar, voice growing. I eventually just really connected with songwriting, probably around the age of 12. I really, that was like my deep Alicia Keys phase, and I knew piano and she knew piano, and she was just all about singing on the piano.

So I was very inspired by her. And I just started writing songs on the piano throughout, you know, all of high school and stuff. Also got into some production, like doing some like hip hop stuff, some electronic stuff in high school. Just kind of all cascaded into just getting more serious with it.

And by university I was studying jazz voice. I was exposed to music therapy during my undergrad and it was kind of always planted in the back of my head, like, "Oh, at some point, You know, I think there's something about that profession that speaks to me and I'm gonna kind of keep that in my back pocket when I feel like the time is right."

And so I had a huge gap between my undergrad and my master's program, doing music therapy. And then during that time you know, yeah, songwriting, traveling collaborating with artists. I, for the longest time, I, I did go by my actual name, name and I eventually reached a point where I kind of felt like I, I really did want that separation.

Like, it, it felt weird to me to have strangers like know my birth given name, if that makes sense.

[00:04:12] **Allyson:** Mm-hmm.

[00:04:12] **Sh3:** It, it just, it just felt it, Yeah. It felt strange. It felt strange and I felt that it was important to have a name that I felt still represented who I was. But yeah, it just wasn't like my actual name.

And this isn't like, you know, not to be offensive or anything. People are wonderful. People are so kind. People that have reached out to me and like given me such beautiful feedback on my music, like, I'm so, so thankful. But just, just for my own, like, just wellness, I just felt like it was important to just have like a separation and, and a name.

Yeah. So I, I randomly, I remember just kind of like, you know, sitting in bed and just having this. This image just kind of like pop into my head of SH three. And she meaning like, sound, sound healing or like sound heal, but sound healing being the essence of it. And like three is, is my favorite number. So I, I really liked the idea of like sound healing, being like somehow embedded in my name because I feel for my own personal journey, just as a songwriter musician, music has just been such a healing force in my life. Like it's just been so, it's been such a gift. Like, you know, some people write journal entries and diary entries and get you know, get their emotions and express themselves that way. For me, it's just, I have notebooks and notebooks of like songs that I've been writing since I was a kid and that in itself being a form of therapy and healing, right? Mm-hmm. , So I, I really liked the idea of having, Sound

healing be the purpose of my name, but I didn't want it to be like, sound healing or sound healing, right.

[00:05:46] **Allyson:** Yeah.

[00:05:46] **Sh3:** So it just, it just kind of worked like, you know, the s sh and the three and then it being she. And there's also that other level of like, you know, there's a lot of women that aren't really represented. In the production world and, and the audio engineering world and, you know, the, the percentages are still like super, you know, not in, in women's favor. Right. So. Right. I also really like the idea of having a name that was so female. Mm-hmm. , like, I love it. It's the female pronoun. You know what I mean? So that, that, that played a role as well. But yeah, sound, sound heal, sound healing, like that, that really was the, the, the energy that that went behind that. That's really.

[00:06:28] **Allyson:** Thank you. Yeah. I love, I always love hearing people's stories of like how they came up with their, their names, kind of how that dropped in and, and was channeled through them. That's beautiful. Yeah, definitely.

[00:06:39] **Gabby:** Yeah. It's something that like, I wouldn't have known if you hadn't told us.

[00:06:43] **Allyson:** Yeah.

[00:06:44] **Sh3:** You know what? Totally, It's, it's one of those things that isn't like, you know, really broadcast, but like, when I have the opportunity to talk about, you know, this this sort of thing. It's, it's a great opportunity to talk about it mm-hmm. and explain, you know, like where it was coming from and what the intention was.

But yeah, I've made that, that leap over into the music therapy world as well. And now I have the two, you know, coinciding and, and just, you know, loving the, this, this new phase that I'm in where I feel like I can kind of integrate both, which I think is very exciting.

[00:07:14] **Allyson:** Definitely. I think that's the beauty of what we do, is that we can hold various roles, wear various hats and like you can still pursue your artistry and your creative side while also helping and providing clinical work. I just

[00:07:28] **Sh3:** Oh, for sure.

[00:07:29] **Allyson:** Yeah. It's awesome. Yeah, and I think like as you both, like you're explaining earlier about like songwriting and, and your experiences with them, it, it honestly was my experiences as a songwriter working with artists and feeling.

I honestly feel like I'm kind of having a therapy session with you right now. Right? Because it's, it's a very vulnerable space that you get into with an artist. And they're sharing with you, you know, some intimate details of their life so that you can help them craft their experience into a song. And that, that honestly really was like the big, you know, propeller into actually wanting to do this, like, and study it seriously.

[00:08:04] **Sh3:** So, yeah, like that, that still is embedded in the work I do. And like really is the, the reason why I decided to, to pursue it in a clinical form.

[00:08:12] **Allyson:** Awesome. Yeah. That's a conversation I have with a lot of the artists here in Nashville. Like they're constantly sharing. When they hear what I do, they're like, "Huh, what is that? Like, how does that work?" And they're like, "Yeah. You know, when we go into the studio, I feel like it is therapy. You know, songwriting is my therapy." Yeah.

[00:08:27] **Sh3:** Yep. Thousand percent. Mm-hmm. . Yeah.

[00:08:29] **Allyson:** So I know you mentioned you're an a writer, an engineer. What are some of the current projects that you've been working on? If you can share them.

[00:08:36] **Sh3:** I do, I do have some stuff out my sleeve. So again, this past couple years, like I've been doing my masters, so I've been having to kind of juggle my time and energy among both ventures. And so I've kind of made a goal to myself to really have. One song a year that I put out as an artist, along with a video that I feel very passionate about and have all my energy put be put into a single and then a pairing video. And it's, it's been working so far. So like last year, I, I put out a song called "Arrow" and that was my song of 2021, put out a video. And then this year there is one coming up before the end of 2022 . So yeah, this, this past summer working on some stuff and my goal is to have a new song and a new video drop before the end of 2020.

[00:09:23] **Allyson:** That's so cool. I love it. Yeah. As an artist, that gives me some ideas 'cause I'm always like, "Ugh, how can I release music without pressuring myself to?"

[00:09:33] **Sh3:** A thousand. Yeah, a thousand percent. It, it, it can be like, pressure honestly is like the worst thing for a creative person.

[00:09:39] **Gabby:** Mm-hmm.

[00:09:40] **Sh3:** Cause it just can just zap out like any creative energy you have. So I just kind, it's just something that I just found naturally was, you know, what if I just really put all my effort into one song that I'm passionate about? And then also too, I feel like the climate of how music is released today anyway, it really supports the single, you know, roll out. Right? Yeah. So to me it, it's, it's such a great balance for me for right now to just put all my energy into a single for a year and then yeah, just, you know, do my best to, to juggle everything else. Yeah.

[00:10:10] **Allyson:** What are some ways that you kind of maintain that creative flow? Like how do you keep that going if, if you're kind of holding different roles?

[00:10:19] **Sh3:** Yeah. You know what, it's, it's interesting. I feel like music, it's one of those things, especially if, if you've been doing it for such a long time, it's almost like an automatic space that you can get into when you do channel that space. So when you do, I just feel, it's almost like it's always going, like I, I like my phone is filled with voice notes, my watch filled with voice notes. There's always things that come to my head. Yeah. And I just feel like I'm

just in such a great flow with like, being open to receiving ideas and just writing out the ones that I'm like, Yeah, you know what? I think that's the one I'm gonna develop. You know, like, just like not again, like there's no pressure. Like I just really let myself vibe with myself, , and you know, just, yeah, just let my my mind take the lead. You know, let it be about the music and however it goes is how it goes. It's about the art.

[00:11:07] **Allyson:** Yes. Mm-hmm. . Yeah.

[00:11:10] **Gabby:** Well, speaking of cool ideas, one cool idea that I really enjoyed from your music was "Stranger Things," taking a bit of that ,that intro or soundtrack and, you know, incorporating it into your music.

[00:11:26] **Sh3:** Mm-hmm.

[00:11:27] **Gabby:** So I think what we're gonna do now is have all the listeners take listen to "Stranger Things," and then we will dive into the song and all you wanna tell us about it.

[00:11:39] **Allyson:** Sounds good.

[00:11:40] **Sh3:** I'm excited.

“Stranger Things” by Sh3

[Verse 1]

Caught up in a dream
I ain't never looking back
Smoke turns into steam

All the colours got me hooked on some stranger things
Hooked on some stranger things

Find me on the dance floor
Freedom makes me sing
Moving like an animal

I be getting me on some stranger things
On some stranger things

[Chorus]

I get crazy come a little faster
I get hazy certified master
Mess with me it's a natural disaster
Baby let me hold you down

I get crazy come a little faster
I get hazy certified master

Mess with me it's a natural disaster
World famous kids hold me down

[Verse 2]
Caught up in a dream
I ain't never looking back
Smoke turns into steam

All the colours got me hooked on some stranger things
Hooked on some stranger things

Find me on the dance floor
Freedom makes me sing
Moving like an animal

I be getting me on some stranger things
On some stranger things

[Chorus]
I get crazy come a little faster
I get hazy certified master
Mess with me it's a natural disaster
Baby let me hold you down

I get crazy come a little faster
I get hazy certified master
Mess with me it's a natural disaster
World famous kids hold me down

[00:15:09] **Gabby:** And that was "Stranger Things" by Sh3. All right. Can you tell us a little bit about it? Because I, I love it. I love it so much.

[00:15:19] **Sh3:** Ah, , that's so great to, yeah, to hear. So great to hear. Yeah. That song was actually written. I kid you not Probably in 2016. . Yeah.

[00:15:27] **Allyson:** Really?

[00:15:27] **Sh3:** It was written, It was written many years ago,

[00:15:30] **Gabby:** Wow.

[00:15:31] **Sh3:** So at that time, I don't, I think it was 2016 when the show came out.

[00:15:35] **Allyson:** Right.

[00:15:35] **Sh3:** Stranger Things? Right. Yeah.

[00:15:37] **Gabby:** Let me clarify. Hold on. I think so, 2016.

[00:15:40] **Sh3:** Right? So it, it was released in 2019, but when I actually wrote. Like it was, it was prior to, Yeah. My newer songs are like that. But yeah, 2016, I believe that was the first season of Stranger Things.

[00:15:53] **Allyson:** I'm, I'm pretty sure. Yeah.

[00:15:54] **Gabby:** July.

[00:15:55] **Sh3:** Yeah. I, yeah. I was super captivated by that TV show by , which many people I'm sure were well right. Yeah, I can't speak like more highly of that show season one, man. It's all heart. Like it's all those kids men . No. Yeah, so I, I was working with my team, so I have a team down in Florida, which is again, how we kind of all ended up crossing paths.

[00:16:17] **Gabby:** Hi Joe.

[00:16:18] **Sh3:** Yeah, shout out to Joe, Grand Bay, Dialing it in. Let's just print out the names on that. So yeah, so I had a folder sent to me with some, some beats and I heard this beat and I was like, The intro of this reminds me so much of the Stranger Things theme song. Which is like an iconic theme song.

Like it just has those really heavy, rich, like 80 synths. , you know, And it just like, the way that it has, like, there arpeggio stuff going on. Like, it's just, it's great. Right. And so when I heard the beat for Stranger Things, it wasn't called Stranger Things at the time. I forget the name of the, the beat, but I was like, "Oh my gosh."

Like this has such a feel of like, That theme song. So I was just inspired to write a song, honestly inspired by the show. You know, like if you look at the lyrics, there's some references to the kids and you know, and then it kind of You know, I kind of like took that as like a, as a launchpad to kind of talk about, you know, strange things like, you know, just like trippy colors. . Yeah. Just like a strange vibe. I tried to kind of then capture it and be like, you know, a strange vibe. And yeah, that's, that's the song just took shape and, and I, I vibed, I vibed with it.

[00:17:24] **Gabby:** Yeah, I was wondering 'cause I was like, "there's no way they, they were able to get like rights to get the sample of that." Like yeah. I was like,

[00:17:34] **Sh3:** Yeah, not at all. Definitely not

[00:17:39] **Gabby:** I'm like, "it's close enough, but it's not quite there."

[00:17:42] **Sh3:** Yeah, no, totally. And like, it, it had no intention to be connected to Stranger Things by any means. Mm-hmm. , like, it just, I just heard it and I. Like this gives me the feel of that show and then it just, Yeah, I just started writing to, Yeah,

[00:17:55] **Gabby:** I have recently gotten into like the word of world of samples.

'Cause I originally was just, you know, like acoustic indie singer, songwriter type, like and so as I've been learning about samples and like, all you can do with them and like what Just like what creativity can come out of them. It's been just like, yeah, this whole new world I've been entering and like now when I'm listening to music, I'm like, "Oh wait, is that a sample from this thing?" or like, mm-hmm. or like, "Is this from this thing?" Like, it's like now my brain is like, opened up to , you know, everything as opposed to where it's like, "Oh, this song sounds cool. That's an interesting beat or melody in the background." Mm-hmm. , and it's like, "Oh wait, this is from this."

[00:18:45] **Sh3:** Yep.

[00:18:46] **Gabby:** Historic.

[00:18:49] **Sh3:** Yeah, I feel like there's probably such a high percentage of songs that do include samples that we're just not even actually aware of. Yeah. Yeah. Cause there's, there's so many times where I, like, there's, there's compilation videos on YouTube of like, samples and so and so's album, and it just like, gives you snippets and you're just like, "Oh my gosh. Like, Oh, that too, that too." And it, yeah, it's just, it's, it's honestly a skill and talent within itself to be able to take a sample and like just totally recycle it and make it into something new like that in itself is such a distinct skill. Yeah. Mm-hmm. .

[00:19:18] **Allyson:** Yeah. What does your creative process look like? Do you always start with a sample or a beat? Or like how has that evolved over time?

[00:19:25] **Sh3:** Yeah, it depends. I think that my strongest skill musically is songwriting. So I feel like. Writing to a beat that's already produced, I can like pop out a song very quickly. Like, 'cause I'm just, I, I understand the mechanics of songwriting, the formula to it, like minutes, like literally minutes, right? If I wanna take more of like a production approach with it. So for example, like earlier I was talking about "Arrow," which I put out last year.

That one was produced all by me in Ableton.

[00:19:56] **Gabby:** Ooh, Ableton?

[00:19:57] **Sh3:** Yeah. Yeah. And I love Ableton and that that took a lot more time. I'm so picky as a producer, like I will have my session and I'll be listening. I kid you not to like the same eight or 16 bars like over and over, you know? And I'm just like, "Am I happy with that? Should I add another layer?" And like, My weakness, like I am just, I'm not great at programming drums, so it takes me time to be like, "Okay, do I like that? Am I missing something, You know?" So it can take me, honestly, a couple of weeks to really feel good about a production. But then as I'm producing it, I'll have my phone handy because best believe melodies are coming to mind and I'm getting ideas for lyrics and stuff, so they kind of happen in tandem. But I, I don't wanna go too into the writing process when I'm producing, because I also wanna let the magic of the songwriting once. The beat has done happen. So I'll just kind of only allow myself to just, you know, do like little snippets of things. Cause I, I

really, really do wanna give myself the space once the beat is, is complete. Yeah. So again, if I'm producing the beat, it will take probably a few weeks, if not longer, to really feel like, okay, I can export this. Mm-hmm. , that's another thing too. I'm also very picky, but when I export, I don't like to export things that I feel half-assed about or that I'm just like, Oh, this is just an idea. It's like, no, if I'm exporting, Like, it's now gonna be written too. Do you know what I mean? Done. It's solid. Yeah. Yeah. Like it's solid.

[00:21:17] **Allyson:** I hear you. I can relate .

[00:21:19] **Sh3:** So you're also gonna have too many things flowing around on my computer. I wanna stay organized. Like it doesn't get exported until I'm ready, you know? Then once it's exported then I'll put it into Pro Tools and I'll start

[00:21:29] **Gabby:** man,

[00:21:29] **Sh3:** my writing process. Yeah. Start the writing process. And that's, that's where I can like really like go off, you know, because like, I just feel. Comfortable in the songwriter singer role where I can just like lay it down, add my harmonies, like I'm really in my space when I'm recording slash writing.

Sometimes they're done together for myself, like the songs that I write for myself, I tend to be classic with like a note, a notepad and pen. And I just really like to actually write out the whole song from top to bottom before I record. But if I'm doing like other, other projects, I'll literally just open the Pro Tools file and just.

Recording and writing on the spot and whatever it is, is what it is. Yeah, so there's like different like approaches for like the, the different types of project. Whether it's like, am I writing to a beat that's already made? Am I writing to a beat that I made for myself? Am I doing a project as a feature or something else?

Like, there's like kind of different. Modes that I kind of go into that I've just kind of developed over time that seems to work.

[00:22:28] **Allyson:** Nice,

[00:22:29] **Gabby:** Man, ableton, and Pro Tools. Those are like the hardest ones for me. ,

[00:22:34] **Sh3:** Really? Oh, I'm So what do you use? I'm curious like what

[00:22:37] **Gabby:** I've started using Ableton just because like I don't know. It's like the one that I just, like, "I can do this. Like, I'm gonna like learn how to use it." But. I honestly, when Soundtrap came out, I started using that because it was just, it's not as like detailed as other dos, but it's just like, Yeah, I can use it anywhere, you know? Yeah. So I like that aspect of it.

But I'm on windows, so like I've been using just whatever software I can find. So I did Cakewalk for a little bit and then

[00:23:11] **Sh3:** I started on cakewalk. Nice. Yeah, that's tough. Cakewalk is tough. Yeah.

[00:23:15] **Gabby:** And then I use this thing called Mixcraft, Acoustica Mixcraft, and they're kind of like a.. I don't really know how to describe them. I don't know anyone else who uses it, but I found it when I was like in high school and have used it ever since.

[00:23:30] **Sh3:** Nice.

[00:23:30] **Allyson:** Nice.

[00:23:30] **Gabby:** I don't know. I also use like Garage Band and Logic, and then when I'm on my phone, I don't know if you've heard of the app called Koala.

[00:23:39] **Sh3:** No. No, but I think I should,

[00:23:41] **Allyson:** I'm looking it up.

[00:23:42] **Gabby:** You would like this. Okay. I, I should get a sponsorship from Koala because I mentioned it so much. But basically , it looks like like a, just your regular sequencer. But you can record on the spot.

[00:23:57] **Allyson:** Oh yeah.

[00:23:57] **Sh3:** Oh, that is so cool.

[00:23:58] **Gabby:** And turn it into so I can be like, Hello? Click Hello. Nope. Hello. And then it'll play back.

Oh, it's not on. It's not loud enough. Dang it. Hello. Hello. And then you can, you can sequence it and then you can also add like effects and stuff. It's super cool.

[00:24:19] **Sh3:** That's spelled the animal koala.

[00:24:21] **Gabby:** Yeah.

[00:24:22] **Allyson:** Yeah. And then I just found it.

[00:24:23] **Gabby:** Yeah. And you could also like import sounds and like videos and so. That's how I've been playing with samples recently, actually.

[00:24:33] **Sh3:** Oh, so cool.

[00:24:35] **Gabby:** Yeah. And it comes with Ableton light, but you already have Ableton, so you're fine. Yeah.

Yeah. Yeah.

[00:24:43] **Allyson:** I got started. When I was a kid on Audacity .

[00:24:47] **Sh3:** Nice, nice, nice

[00:24:50] **Allyson:** Audacity. And then discovered Garage Band. Just playing around with that. I used this other one and I can't remember the name of it. It was just a web browser, but it was really fun 'cause you could adjust the chord progressions and sample things. It was really interesting. I don't think it exists anymore. And then ProTools, I've gotten into that, my significant other is really skilled on that. So he's been teaching me slowly over time, how to get into it. So, but Garage Band it's nice in sessions. It's very simple.

[00:25:20] **Sh3:** I love Garage Band. I, in high school, that was where I recorded my vocals and I got really, really good. In Garage Band. Nice. Like recording to the point where you would have no idea that this was actually recorded in Garage Band.

You can, Yeah. Amazing. It's a very, very capable program for sure. And Yeah, in sessions. Oh my goodness. That and Soundtrap too, if they don't have like an Apple product. Soundtrap is great. Yeah. Cause they have a partnership I think with Splice, so they have like all like these amazing samples that you can use.

Mm-hmm. like, ugh. So good. Yeah. Oh yeah.

[00:25:48] **Gabby:** I also use Koala in session too, so

[00:25:51] **Allyson:** I'm gonna start doing that. Yeah.

[00:25:53] **Sh3:** Yeah. I'm gonna look into that. That's great. Yeah.

[00:25:55] **Gabby:** Going along with all the samples when I was listening to to it originally. It got me thinking about how we find these TV shows or movies or even, you know videos or games to be in their soundtracks, to be, you know, so important to us and a part of our everyday life and seeing how you took that and manipulated it and made it your own, like took whatever you found meaningful from that show and made a new meaning out of it. I thought like that was really cool. And so actually that got me thinking in my current practice of, I, there's a client that I'm currently working with who is obsessed with the video games, like, just like all of them under the sun and I was thinking, "man, wouldn't it be cool to kind of do the same thing where, you know, there was that soundtrack of that TV show, but instead of a TV show, we could do a video game." And so now we're working on with Koala, compiling different samples from these video game sounds and hopefully we're gonna be able to you know, create some sort of beat and write a song with it.

[00:27:15] **Sh3:** That is so cool.

[00:27:16] **Allyson:** Yeah.

[00:27:17] **Gabby:** Yeah. Cause I, I've always been a fan of taking something or like just looking at what the people I'm working with are interested and like building off of that as opposed to just bringing in something completely new, they're not as comfortable with. Especially when it comes to like composition and stuff like that. So that was, that was my clinical idea from, honestly, from listening to , what you wrote, so, yeah.

[00:27:46] **Sh3:** That's, that's so cool because yeah, when, when you mentioned that that was the song that you wanted to include in this, I was like, "Oh, that's so interesting."

Like, "I wonder how they would, you know, envision this being used in a clinical way" and like hearing your explanation. That makes so much sense. And I'm almost like kicking myself or not making the connection myself. But that, yeah, that makes so much sense. Like that, that could be great. And I've, I've done some interventions in the past, like in mental health with like creating like soundtracks of someone's life. Or even like end of life care. I, I had an internship in palliative care and like, That's great. Like to do something that involves like a soundtrack to your life. It can open so many discussions. And again, like this, this app that you're speaking of and were you actually composing using the samples? Like Yeah. There's, there's a lot that you could do with that. That's, that's cool. That's, Yeah.

[00:28:40] **Allyson:** Yeah. I had a similar, actually a similar idea, Gabby because I've been working a lot with families with siblings who love to bring in their favorite TV show, theme songs or game video game theme songs, and so that was something that I was like, "Ooh, this would be really cool to like mix in all favorite theme songs" and like, make 'em your own. But then also like with this song, because of it's it's repetitive and so it could be really cool to do a lyric substitution.

[00:29:07] **Sh3:** Mm-hmm.

[00:29:08] **Allyson:** Cause I also work with a lot of parents and adults. And so going back in and being like, "hooked on blank," "find me on the blank." So there's just so much flexibility and repetition that it can make it a lot easier in this style of a song to do something like that where it's not as it's not as complicated cuz I found in some lyric substitutions it seems too open and too scary or vulnerable for someone that this is contained and it would feel safer for them to try it.

[00:29:38] **Sh3:** Yeah. Yeah. That makes a lot of sense. Yeah, it's true. Like the, the song I think is only really a verse and a chorus that gets repeated. And I think the only difference is, is just there's like different harmonies layered in the second half. So Yeah. Repetition man, and like these types of, Yeah.

So good. Yeah. That's a great point. Yeah. Yeah.

[00:29:58] **Allyson:** Yeah. So I try to look for songs like this where it makes it feel easier for them if it's something that they're not used to. Yeah.

Yeah. Yeah. .

[00:30:06] **Gabby:** Another thing that this brought to mind was just film in general in music, video production. Mm-hmm. I am a big fan of using green screen.

And so so I've, I've done experiences in music therapy where, you know, we'll take their favorite music video or their favorites like theme like intro theme segment to a TV show and will like green screen them into it. And, you know, they get to be part of the show or part of the music video and, you know, Yeah.

It's funny. Like that's, I mean, that's part of it. Like I get some like to like loosen up and they're like, "Oh my God, I'm standing next to Harry Styles" or something like that, . And it's funny, but it's also, you know, so engaging for them and like they get to be part of something bigger, you know?

And it's like, it's, it's actually like, Yeah. Even though it's so, such a small thing to like, they're not even singing, sometimes they're singing along, but even just being in the video is like, "Oh wow. Like I'm part of this. I, I'm important. I like this is, this is awesome". Like . Yeah.

[00:31:23] **Sh3:** Yeah. , it sounds like it, it, it can really like make the imagination possible because it's a green screen, right. So you can like pretty much almost do anything, right? Yeah. That's very cool.

[00:31:33] **Gabby:** We did a video a couple last Halloween where we took the Ghostbuster song. Mm-hmm. . That was a good one. Yeah. and like every, we kind of just reenacted the scenes, but then we also had folks like Be ghosts made them like slightly transparent and so like

[00:31:52] **Allyson:** It was really fun.

[00:31:53] **Sh3:** That's so cool. Yeah. That's so cool. I'm imagining too, you could probably do stuff with like motor skills

[00:31:59] **Gabby:** Yes, oh yeah.

[00:32:00] **Sh3:** With like reaching for things that you know aren't actually there. Mm-hmm. But it's just cool to like Yeah. You know, be part of that visual. Mm-hmm. . Yeah. Yeah. Very cool.

[00:32:09] **Gabby:** Yeah. I would love to make a Stranger Things type video at some point.

[00:32:15] **Sh3:** If you do, please let me know.

[00:32:17] **Gabby:** I will. Yeah.

[00:32:19] **Allyson:** How do you think you would try this one clinically? .

[00:32:22] **Sh3:** Yeah. You know what? That's, that's a good question because like I said earlier, I, I was kind of thinking like, "Oh, how would I, you know, use this?"

And I think part of the roadblock that I was experiencing was because it was something that I wrote and I, I don't know if I, Yeah. Right. So I, I don't know if I would ever bring something that I've written to in, in a clinical situation. Yeah, I, I, I just think that, Yeah, it would just feel, it would feel off, it would feel weird bringing my own work into it.

So it, it was hard for me to kind of separate and think, how could this be, be used clinically? But honestly, hearing Gabby's idea about the soundtrack style like intervention, I think that's great because there's, there's so much connection to television and theme songs. Mm-hmm. That I think, you know, can open the door to a lot, like, whether it's like, you know, childhood discussion, like discussions of someone's childhood, like, you know, soundtracks that were important to them growing up.

And then, you know, segueing into like those chapters of their lives and, and kind of seeing what comes up and or, you know, being very musical with it, like Gabby was saying, with doing the samples and actually making your own song based on that theme song and maybe. changing the words to fit whatever, you know, story you wanna tell.

Yeah. Like now that I'm kind of seeing it with that lens and I'm kind of remove removing myself as like the author of it mm-hmm. , it's kind of easier for me to see, oh, how could this be used?

[00:33:48] **Allyson:** It's hard. It's hard sometimes I, There were times where a client would say, "Oh, you know, do you write?" I'm like, "Yeah, Just because like, I wanna be as authentic as possible. "Mm-hmm. Yeah. And then they'll say, "Well, play something for me." And I'm like, "Well, that's not real how this works." Yeah. I mean, thank you for asking, but

[00:34:04] **Sh3:** Yeah, no, I would do this, Do it . Yeah. I would do the same thing. It's like, how about we just write one together?

[00:34:09] **Allyson:** Exactly. . Yes. Yeah.

[00:34:13] **Gabby:** I think I feel awkward whenever it's. I tell people I'm a music therapist, but I also song writer. And then they're like, " all right, so can you like do music therapy on me with your song?" And I'm like, "No, that's not ." Yeah. Like just a random person that you meet, you know, when you first introduce yourself.

[00:34:33] **Sh3:** Yeah. Yeah.

[00:34:34] **Gabby:** It's a little weird .

[00:34:36] **Sh3:** Yeah. Yeah. Yeah. I, I feel like it's kind of like a, a boundary that almost needs to kind of. Be maintained and definitely place Cause in a music therapy setting, I like, I was gonna say rarely, but No, I don't think I actually do. I don't, I I never talk about my own anything. Right. Cause I like, I just don't see what the point is. . Yeah. Like, it just doesn't

make, it doesn't make sense. I don't think it's a benefit to, to them. So Yeah. Like I, I feel like my life outside of music therapy, like, yeah, I'm, I'm down to be open about this, talk about this, talk about that. But then like in an actual, like, music therapy setting, to me it's just, it's all music therapy.

And then of course, like, yeah, I'm taking skills that I, that I know from being a songwriter, collaborator, that sort of thing. Yeah. But I, I, I won't have a conversation with like a music therapy client about my own musical endeavors, , you know what I mean? Like, I just, it wouldn't happen. Yeah. Yeah,

[00:35:30] **Allyson:** it's tricky and it's, It's something I think about being in an area where, you know, it's a very, I mean, you think Nashville would be bigger, but it's actually pretty small and working around people who are also musicians that are seeing you as clients and saying like, "Okay, so I play shows as well, so if we run into each other, you know, I have to maintain this certain boundary." So it's always kind of a tricky conversation to navigate of like, how much authenticity can I bring to this? To, to share that. Like if we happen to see each other , like it's, it's weird.

Yeah.

[00:36:06] **Sh3:** Yeah. That's true. And a place, especially like Nashville. Yeah. Cause it's true. It is a very. Tight knit, you know, community. Especially if you're like in downtown Nashville. Like a hundred percent right? Yeah. Yeah. Everybody's a musician. I remember when I was there, like everywhere I turned like whoever, like in a job that wasn't, you know, a, a musician role.

They were actually musician though. Mm-hmm. , you know what I mean? Like everybody. Everybody was looking to some degree, right? Yeah, no, I, I relate to that. I can actually recall one instance with a client who was like, "Oh, you have such a beautiful voice. I know this producer that I would love to like, get you in touch with blah, blah, blah, blah."

You know? And I had to just like politely decline and just like, you know, thank them for like, the wonderful compliment. But you know, that I, I wasn't able to. Interact with their friend or so, you know. Exactly. Yeah. So I, I think it's important to just kind of have that, that that boundary, that space.

But yeah, and I'm sure in all our careers it's gonna happen at some point trying to figure out how to navigate. Yeah,

[00:37:06] **Gabby:** yeah.

[00:37:08] **Allyson:** Yeah. It's tricky, but definitely something unusual to the area that I'm in compared to where I came from. . Ah, yeah.

[00:37:15] **Sh3:** Yeah. Where was it? Where, where, where did you,

[00:37:18] **Allyson:** In Dallas. Yeah. So the music, I mean, they have a pretty, they have a good music scene, but it's not like every person You meet that's "I'm this and a musician."

[00:37:27] **Sh3:** yes.

[00:37:28] **Allyson:** Yeah. I I actually have one more question. I think it would be a fun way to kind of like wrap it up, but what have you enjoyed most about being an artist?

[00:37:37] **Sh3:** Ooh, you know what, I think what I have enjoyed most is like the level of self-awareness that it's given me because I feel.

As somebody who is very sensitive, I consider myself a very sensitive individual. And having music be part of my life at such an early age, having those two things exist, I found really helped me find self-awareness at a very young age. So, again, because of my sensitivity and because of my You know, me being drawn to making music, it was such a healthy way for me to express myself.

And I think if I, if I didn't have music as a child, like I think my feelings might have manifested in different ways. Like, I think that it was just such a healthy outlet for me. And again, created, Yeah. Such a strong level of self-awareness. Like it, writing a song involves so many things. It involves you to have to reflect, to think back to think about the future your, your future wants, your future needs, kind of you know, being very introspective, thinking, Why am I feeling like this right now?

Like, let me try to figure out like, why am I feeling this emotion? And then writing it in like a very, Creative way, like using metaphors and, and you know, like telling stories through your music. And then you're, you're, you're, when you're done, you have like this product, like you actually have this like thing that you have created that now exists in space and time. Mm-hmm. , that is a representation of how you feel. Whatever you experienced. It's there, It's like, it's, it's a living thing now, right? Yeah. And that's such a great feeling. Like I, I, you know, I, I might sound silly like saying this, but I, I totally look back to, to stuff that I wrote at like 12, 13.

[00:39:18] **Allyson:** Me too. Yeah.

[00:39:19] **Sh3:** I, I, I, yeah. I rarely got the hang of it at around 14 , like, I, I still have. Like sound notes and stuff from like grade nine, and I'm like, Yo, that's a good song. Like I'm, I'm keeping that. Cause one day you never know. You never know. X artists might actually sing this song that I wrote at 14.

Like, I, I have a couple of those where I'm like, "eh, you never know. One day." But it's, it's just so beautiful. It's so beautiful that I have these like, Musical journal entries. Like it's just, you know, and it just, Yeah. I, I really feel like self-awareness is really like the, the biggest gift that I feel like I've gotten for music.

[00:39:55] **Allyson:** Yeah. Just as you were talking, I was thinking, you know, it's so true. It allows you to really identify what it is. And then to really. Be and feel that emotion because

you're spending so much time channeling what is it that I really wanna say? What does it sound like? What is it? Yep. Like what is the aesthetic around this?

And then to express it and release it. And it's just such a beautiful experience.

[00:40:16] **Sh3:** Yeah, exactly. And again, we, we talked about this earlier, like being able to have those experiences with an individual in a songwriting session. Yeah. You can't help but make the connection that this feels like therapy.

Yeah. This feels like therapy, you know? So, It was such a natural progression for me to, to, you know, wanna look further into music therapy and actually, you know, do the schooling for it and stuff. Because it's just you. Yeah. Especially once you've experienced it, you just, you can't separate that aspect from it.

It's just, it's so obvious that it's there.

[00:40:47] **Allyson:** What are your kind of like future plans for music therapy, if you don't mind sharing.

[00:40:51] **Sh3:** Oh yeah, definitely. You know what, it's, it's so funny 'cause when I first started the program, I told myself, "you're gonna do this program and like, no brainer, you're gonna do private practice."

like you're already doing stuff that, that, you know, kind of embodies that entrepreneurial spirit Anyway. No brainer. Right. But then when I did my internships, I, I was so, so grateful and, and, and lucky to have had such like, colorful experiences at each site. I had the option to do three different sites. We could have stayed, but I, I really wanted to, to change it up each time. And it just so happened that, They were all different types of hospitals, like a mental health hospital a palliative care unit an oncology unit of a hospital, and then pediatric rehabilitation, right? So I got to experience the hospital environment and honestly, I absolutely love it,

It's so beautiful. It is so great to be part of like a healthcare team. I've just, Yeah. I, I fell in love with, with the hospital setting, so I think at some point in my life, like I don't think right now is the time, but at some point in my life I would love to return back into a hospital setting and either like establish a music therapy program or if there's one kind running, but I love it. I, I love, yeah, just being part of a team for somebody and then being like the person that offers the music therapy. Mm-hmm. . So we'll see. We'll see what happens. But yeah. There's, Yeah, there's I could talk like honestly forever about it because it, it really is the profession. Like, it, it honestly is, it's the profession that allows me to have so many different hats in my life.

[00:42:24] **Allyson:** Yes.

[00:42:24] **Sh3:** which I feel like for a long time I was only wearing the songwriter producer hat. And I'm thankful for that because it really got me good at, at those skills, you know, And I really, I made some great relationships. Like, great, it's amazing, but adding music therapy

into the mix I feel like it adds a whole layer of things that I, that I was kind of missing, like me, like just my own like likes, I really enjoy school.

I love, I love being in school. I love being in research, which is something that I didn't realize about myself until I got my masters. Yep. Okay. Yeah. Yeah. So we had to do like our, our major research paper and. I hope to get that published in a, in a journal. Yeah, that's, Yes. It's paper on my bucket list, you know.

And like, you know, shout out to Laurier. I'm gonna give a little, like a little Yeah, go for it. Spiel here. Yeah. Like they, they have this lab called the Conrad Institute of Music Therapy Research. And I, I was lucky enough to TA for the lab last year, and this lab is fantastic. Like we are able to record Like improvisations, like through MIDI and then analyze it like in in another software where we're able to have like the therapist and client have both of their, their improvisations analyzed. Right. And there's studies being done. It's just, it's like cutting edge, like cutting edge technology and, and just, you know, the people that are running it are just so talented and passionate about what they do.

So that, that's another part of my life that I continue to develop as a researcher. Like I'm just so excited about research and it's, again, I'm gonna like totally nerd out here, but like, like you have to understand research is like, it's creativity in academia. Yeah. Like that's honestly what research is.

It's amazing. Yeah, it's amazing. Like, I'm getting goosebumps just thinking about it. Cause like you're honestly for real, you're honestly able to think about something and think, "You know what, I'm so curious about this subject. Like, does this even exist? Is there research being done?" You look it up, you're not finding stuff done. There's a void here. Like, I wanna fill that. And you're able to use that creative energy in an, in the academic world, like it's just like, So exciting. Yeah. So I really, really hope that I also have that be like a part of my life in some capacity, 'cause, Yeah, man, like creativity is just that thing that runs through your body like all the time.

And like, there's so many different ways that creativity can be used. Like it's just, it's the thinking of like, Novelty, you know, it's newness. Like we all just have this, this ability to just, Yeah, like think of newness, like, I'm just like ranting now. But it's just like, it's so, Yeah. It's exciting. It's exciting.

[00:44:57] **Gabby:** I, it is, I saw this tweet probably like earlier in the year and it was, You know, some academic researcher and they were like, When I choose my co-authors, I choose the people I wanna hang out with. So it's like scheduled like hangout time when you're doing research.

[00:45:14] **Allyson:** Right? That's so true. Yeah.

[00:45:17] **Sh3:** That's funny.

[00:45:19] **Gabby:** Well, I'd be happy to collab if you ever wanna do research.

[00:45:23] **Sh3:** Yo. Like, ugh. Again, love this is, I feel like this is like the first connections that I've had with like American music therapist. . So I'm like so interested to see like how you guys operate and like what the climate is like down there. Cause

[00:45:36] **Gabby:** I mean, it's a weird climate right now,

Is there anything that you'd like to share? Our audience before we head out anything like how they can contact you or, or what what mediums they can find you on and follow you.

[00:45:51] **Sh3:** Yeah. Yeah. I'm everywhere on social media. SH3 official, so that is at s h three official. Pronounce "she" but it is s h three official.

I'm most active on Instagram, but I have socials everywhere where they're socials and yeah, I'd love to connect if anybody wants to reach out. I'm very receptive in my dms.

[00:46:11] **Gabby:** Awesome. Yeah. Great. Well, thank you for taking time to talk with us.

[00:46:17] **Sh3:** Thank you for having me. This has been so great.

[00:46:19] **Gabby:** Yeah, it was a great conversation, for sure.

Yeah. Cool. All right, well we're gonna round it out by listening to "Stranger Things" by Sh3. Enjoy!

[00:46:30] **Allyson:** Bye.

[00:46:31] **Sh3:** Thank you.

“Stranger Things” by Sh3

[Verse 1]
Caught up in a dream
I ain't never looking back
Smoke turns into steam

All the colours got me hooked on some stranger things
Hooked on some stranger things

Find me on the dance floor
Freedom makes me sing
Moving like an animal

I be getting me on some stranger things
On some stranger things

[Chorus]

I get crazy come a little faster
I get hazy certified master
Mess with me it's a natural disaster
Baby let me hold you down

I get crazy come a little faster
I get hazy certified master
Mess with me it's a natural disaster
World famous kids hold me down

[Verse 2]

Caught up in a dream
I ain't never looking back
Smoke turns into steam

All the colours got me hooked on some stranger things
Hooked on some stranger things

Find me on the dance floor
Freedom makes me sing
Moving like an animal

I be getting me on some stranger things
On some stranger things

[Chorus]

I get crazy come a little faster
I get hazy certified master
Mess with me it's a natural disaster
Baby let me hold you down

I get crazy come a little faster
I get hazy certified master
Mess with me it's a natural disaster
World famous kids hold me down