

# HEALING HARMONIES

HOW MUSIC THERAPY IS WINNING THE WAR WITHIN

**WELCOME!**


## **Introductions**

- **Who am I?**
- **Your experiences**




# WHAT AM I HERE FOR?

The presentation will explore the concept of music therapy, from the **beginnings of the profession** during World War II to **current research outcomes** with a variety of populations. The presenter will also share how music therapy is currently being used with specific populations, such as **PTSD and trauma**, in the **forensic setting**, and with **military service members, veterans, and families**.



# TODAY'S OBJECTIVES

## Objectives:

- Participants will be able to identify what qualifies as music therapy
  - Participants will learn about the history of the music therapy profession, and be able to identify outcomes of current practices
  - Participants will learn how music therapy techniques are applied to specific, relevant populations
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# WHERE DID IT COME FROM?

- Plato and Aristotle
- World War I and II



# TIMELINE

## Morale boost during the War

### Technical Bulletin 187

- 122 VA hospitals
- 80,000 service members
- 7,538 medical referrals for MT
- 276,000 engaged in recreational/music appreciation programs

## Research Study

### Post WWII

- Army
- Office of the Surgeon General

# DEVELOPMENT OF THE PROFESSION

- National Association for Music Therapy
- American Association for Music Therapy
- Merger of two organizations

# REFERENCES

American Music Therapy Association (2014). *Music therapy and military populations: A status report and recommendations on music therapy treatment, programs, research, and practice policy*. Silver Spring: AMTA.