


# **MUSIC THERAPY AND TRAUMA**

# MUSIC THERAPY AND TRAUMA

- Provides a “second-wave” relief to help cope with events surrounding a crisis and it’s aftermath
  - Highly effective in developing coping strategies; understanding and expressing feelings of anxiety and helplessness; supporting feelings of self-confidence and security; providing a safe and neutral environment for relaxation
  - Research shows success outside of traditional therapeutic settings
  - Provides sensory stimulation, provoking responses of familiarity, predictability, and feelings of security by association
  - Feedback demonstrates it’s ability to develop a stronger sense of readiness to cope with day-to-day stressors and potential future crises
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# OUTCOMES

Demonstrated to have a significant effect on

- Relaxation
- Respiration rate
- Self-reported pain reduction
- Behaviorally-observed and self-reported anxiety levels

# HOW DOES IT WORK?

- **Provides opportunities for**
  - Non-verbal outlets for emotions associated with traumatic experiences
  - Anxiety and stress reduction
  - Positive changes in mood and emotional states
  - Active and positive participant involvement in treatment
  - Enhanced feelings of control, confidence, and empowerment
  - Positive physiological changes, such as lower blood pressure, reduced heart rate, and relaxed muscle tension
  - Emotional intimacy with family, peers, and caregivers
  - Relaxation for family groups or other community and peer groups

# SPECIFIC OUTCOMES

- Reduced muscle tension
  - Decreased anxiety and agitation
  - Enhanced interpersonal relationships
  - Enhanced self-expression and self-awareness
  - Improved perception and differentiation of feelings
  - Improved ability to titrate abreaction, self sooth, recognize, and cope with traumatic triggers
  - Improved self-image and increased self-esteem
  - Increased verbalization
  - Improved group cohesiveness
  - Increased motivation
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# TRAUMA AND MUSIC THERAPY

<https://www.youtube.com/watch?v=UKpwZ6mp-IY>



# MUSIC THERAPY AND PTSD

Center for American Military Music Opportunities (CAMMO)

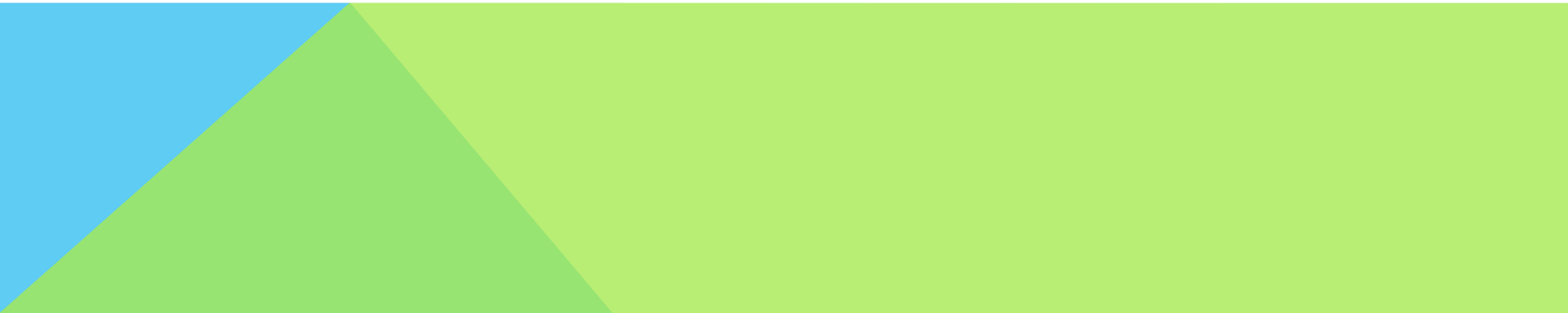
<http://www.cammomusic.org/cammo-offers/music-therapy/soundtrack-to-recovery>

Operation Song

- <https://www.youtube.com/watch?v=adS4pu45dil>

# PTSD AND MUSIC THERAPY

<https://www.youtube.com/watch?v=adS4pu45dil>





# REFERENCES

American Music Therapy Association (2006). *Music therapy in response to crisis and trauma*. Silver Spring: AMTA.



Chuck e cheese  
Chuck e cheese  
pizza games and more  
winning lots of tickets  
by playing fun games  
Chuck e cheese Chuck e  
cheese pizza games and more

All I have to do  
is to go poop  
on the stool