MUSIC THERAPY AND TRAUMA
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• 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
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 soothe, recognize, and cope with traumatic triggers
- Improved self-image and increased self-esteem
- Increased verbalization
- Improved group cohesiveness
- Increased motivation
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

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