

Joy in the Journey

Using Music to Grow Through Loss

Jennifer Hicks, MT-BC, E-RYT

Joyful Noises LLC





Today we will

- * Learn about the research-based physiological and emotional effects of music and music therapy
- * Reflect on, share about, and experience the following musical tools for growing through loss:
 - * Guided Relaxation
 - * Musical Listening
 - * Preferences to Energize or Relax
 - * Entrainment/Iso Principle
 - * Musical Memories
- * Lyric Analysis & Songwriting
- * Active Music Making



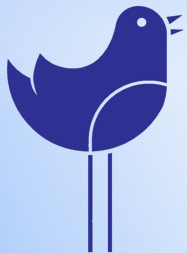
*My Goal

*To be intentional about the ways we use music to grow through loss in our lives



Physiological Effects of Music

- * Research suggests that music
 - * Reduces levels of stress-related hormones
 - * Decreases blood pressure, heart rates, respiratory rate & muscle tension when listening to slower tempos
 - * Decreases & synchronizes heart rates of individuals singing together
 - * Reduces insomnia, perceived pain levels and the intensity, frequency & duration of headaches
 - * Improves our immune system and digestion
 - * Elicits similar physical responses regardless of culture



- * <http://www.emedexpert.com/tips/music.shtml>
- * <http://www.scientificamerican.com/podcast/episode/music-s-physiological-effects-transcend-culture/?print=true>
- * <http://www.spring.org.uk/2013/09/10-magical-effects-music-has-on-the-mind.php>
- * <http://naturalhygiesociety.org/articles/fielder2.html>
- * <http://www.npr.org/sections/health-shots/2013/07/09/200390454/when-choirs-sing-many-hearts-beat-as-one>
- * http://www.classicalmpr.org/story/2015/08/18/health-benefits-of-singing--and-listening-to-singing?WT.mc_id=672c53f03c7183d013c90334fb026fac
- * http://daniellevitin.com/levitinlab/articles/2013-TICS_1180.pdf

Emotional Effects of Music

- * Research suggests that music
 - * Improves our alertness, concentration & productivity
 - * Increases our energy when listening to faster tempos and relaxes and calms us when listening to slower tempos
 - * Decreases anxiety and other negative mood states
 - * Elicits a greater emotional response when we are engaged with the music rather than simply listening
 - * Results in increased feelings of overall satisfaction, connection and group cohesiveness
 - * Inspires both positive and negative emotions, affecting not only our mood but also how we perceive those around us



- * <http://www.unr.edu/counseling/virtual-relaxation-room/releasing-stress-through-the-power-of-music>
- * <http://www.emedexpert.com/tips/music.shtml>
- * <http://www.spring.org.uk/2013/09/10-magical-effects-music-has-on-the-mind.php>
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Music Therapy

* Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.



* <http://www.musictherapy.org/about/quotes/?print=y>

Using Music to Grow Through Loss

- * Guided Relaxation
- * Musical Listening
 - * Preferences to Energize or Relax
 - * Entrainment/Iso Principle
 - * Musical Memories
- * Lyric Analysis & Songwriting
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*Musical Listening

*Preferences to Energize or Relax

*Entrainment/Iso Principle

*Increases our energy when listening to faster tempos and relaxes and calms us when listening to slower tempos

*Musical Memories



* Lyric Analysis & Songwriting

* Let It Be by the Beatles (Paul McCartney)

* What lyrics (phrases, words, etc.) connected with you tonight?

* Why?

* What words of wisdom have been helpful for you during this time of loss?

* Who spoke them?

* Let's use these words of wisdom to guide our songwriting...



* Active Music Making



Just play!



Questions? Thank you!



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www.JoyfulNoisesLLC.com

jhicks@JoyfulNoisesLLC.com

@JoyfulNoisesLLC on



Resources

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