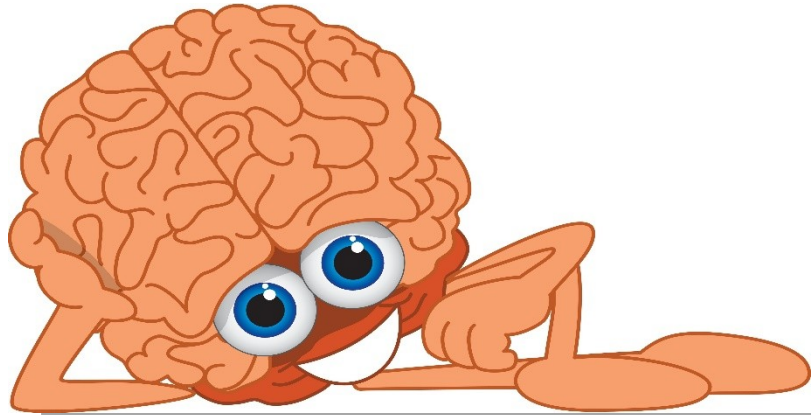


# Music a Modality for Counseling

Randy Melick M.A. QMHP/Therapeutic Musician



Hi, I'm your Brain



Well, I'm not!



# Music in and as Medicine

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Music is processed by **both** sides of the brain.

Music is a sensory stimulation provoking response due to familiarity, predictability, and feelings of security.

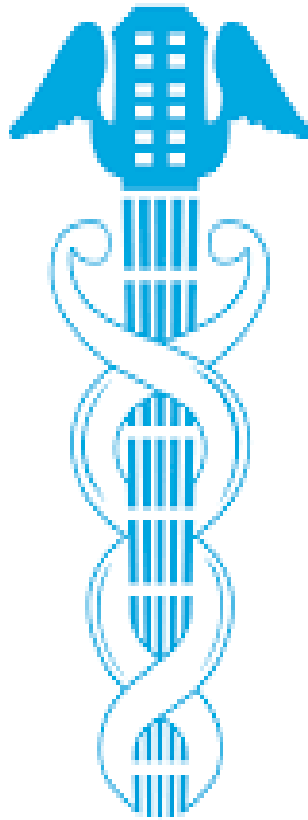
All lobes of the brain are involved with *recognizing* and *storing* music memory.



# Benefits of Music Interaction

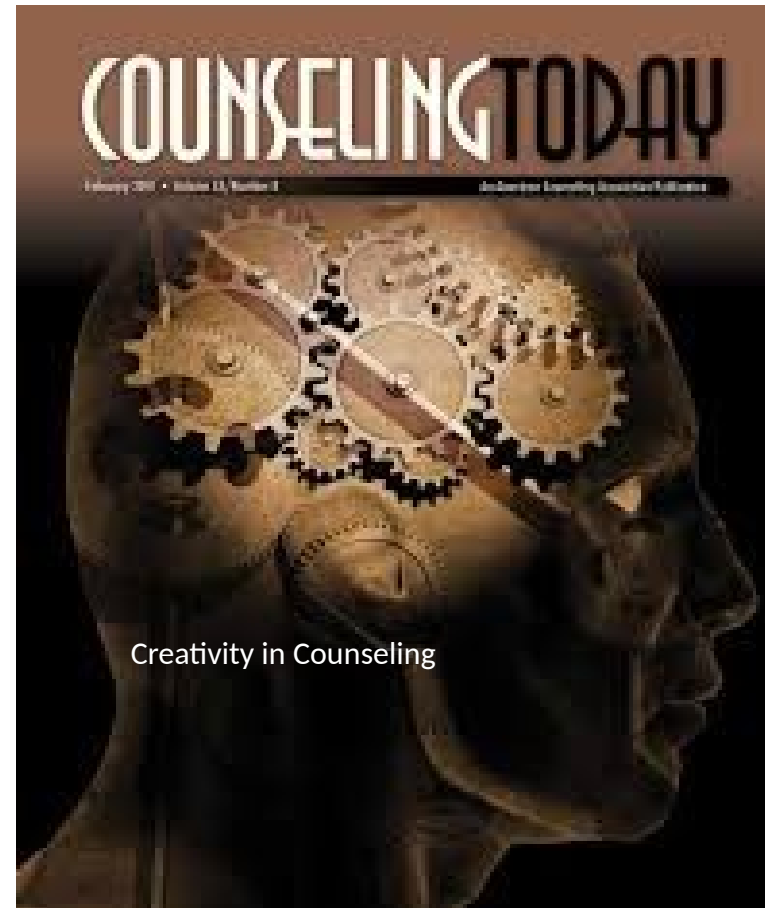
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With recent evidence supporting mental health benefits of music *interaction*, this modality offers diverse & accessible therapeutic benefits, supporting the protective factors designated as tools aiding mental health.



**MUSIC**  
— MEETS —  
**MEDICINE**

# 2011 Cover of American Counseling Today Creativity in Counseling



# Music Represents Emotional States such as:

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**Symmetry**-such as *harmony, balance, rhythm, harmony, and equilibrium*. It is often related to *beauty, truth, and good* which represent *positive values* in the arts and sciences in addition to several emotions and social interaction

**Repetition**-Repetition is an often overlooked yet powerful part of the way we process music, whether that music is a classical symphony or a song that gets *stuck* in your head. Ever had that happen?



## What Happens to our Brain when we **Listen** to Music

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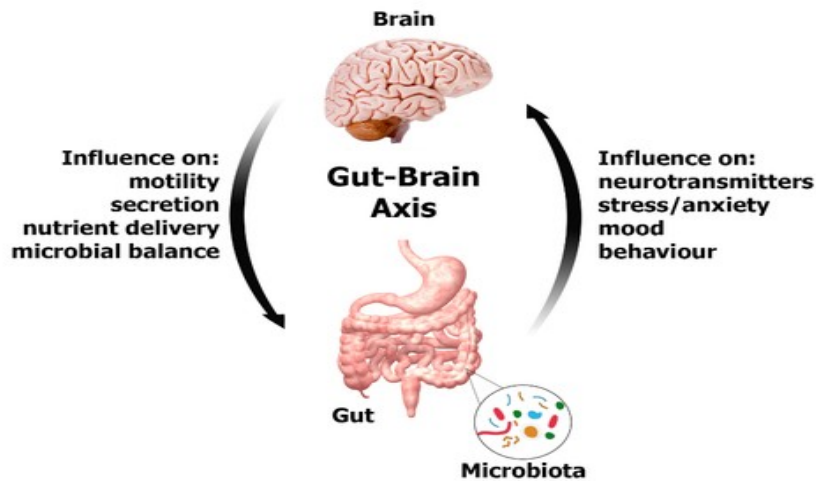
- The brain treats music differently than other stimuli....Our brain is encouraging us to keep listening to music due to a release of the **neurotransmitter *dopamine***.
- This ***dopamine*** rush — Dopamine is linked to eating, anticipating going out for dinner with family or close friends.



# Other Neurotransmitter (s)

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***Serotonin*** is another transmitter, involved with **your mood, sleep cycle, pain control, and digestion**. In fact, the majority of ***serotonin*** in the body can be found in the gastrointestinal tract, and only about 10% is found in the brain.



# Original Music *with* Nature Sounds

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Listening to music with combined with nature sounds of the same frequency can have encouraging results.

Instead of ADDING sounds to the music (most relaxation music fills this category), I simply compose and record the music **around** nature's frequencies. For example, Look at the **Humpback Whale** Below ↴

These whales have a range of



0hz.

**Fun Fact:** Males sing to a female and his song may travel hundreds of miles under water before reaching her. At times other males along the way will sing his **song** just to make sure it gets to her. How cool is that?



# Music Tones are Measured

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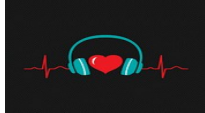

Hz is simply how we measure sound.

Musical instruments are usually tuned to a standard pitch **A=440**. I find out the frequency of the sound and adjust the music to it. This gives the music a chance to become **harmonious and easy to listen to**. There are many sounds we can benefit from; Ocean waves, Thunderstorms, Crickets, Birds, Waterfalls, the list goes on. I have various Album's with these combinations available in a **1 gig USB**.



# Benefits using Sounds of Nature in Music



- ❖ Reduces Stress and promotes wellness
- ❖ Improves communication
- ❖ Supports positive mood and emotional states
- ❖ Enhances awareness of the environment
- ❖ Allows for participation in client treatment
- ❖ Enhances memory 
- ❖ Promotes physical rehabilitation and movement
- ❖ Music Therapy-teaching others to play instruments 

# Music for Medical / Mental Heal

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- Autism
- Dementia
- Medical Procedures
- Pain Control
- MRI's
- OBGYN
- Infants
- Emergency Rooms
- Anxiety
- Depression
- PTSD
- Counseling
- Stress
- Racing thoughts
- Relaxation

# Question and Answers



Thank You for Your Time !  
Randy Melick

# Instructions for using the USB drive

1. If you plug **USB Drive** into a computer or in your automobile, select songs.
2. If you plug in the **USB drive** in your computer **USB port**. Open your media player and transfer the songs to your library on your PC computer or Mac. Select the album or songs you want to listen to, and build your library.

