

# Music Therapy for Stress and Pain

Integrative Healthcare Symposium  
New York, NY  
February, 2018

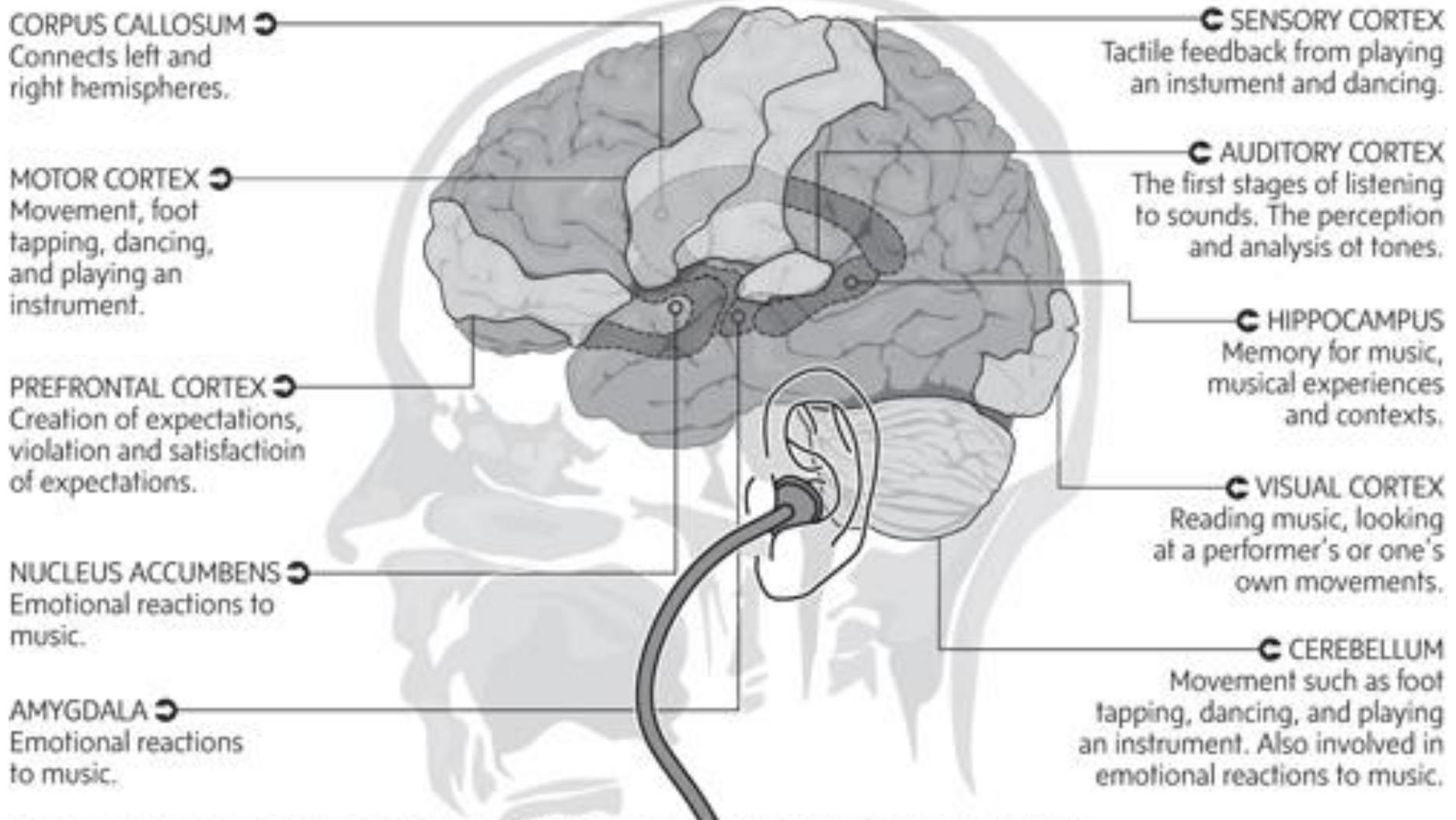
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**Berklee**  
college of  
music





# Your Brain on Music







WE HAVE WITHIN US  
THE POTENTIAL  
TO HEAL OURSELVES.



# The Journey from Illness...



...to Wellness





# The Way to Comfort





# Music Therapy Interventions

- Songwriting
- Singing & Playing Instruments
- Clinical Improvisation
- Instrumental Accompaniment
- Music Performance
- Music Video Creation
- Music Listening



# Music Therapy Outcomes

- ↑ quality of life
- ↑ mood
- ↓ anxiety & depression
- ↓ heart rate
- ↓ blood pressure
- ↓ pain



Bradt J, Dileo C, Grocke D, Magill L. Music interventions for improving psychological and physical outcomes in cancer patients. Cochrane Database of Systematic Reviews 2011, Issue 8. Art. No.: CD006911.



**Evaluativ**

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**Cognitiv**

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**Affectiv**

**e**

**Motivation**

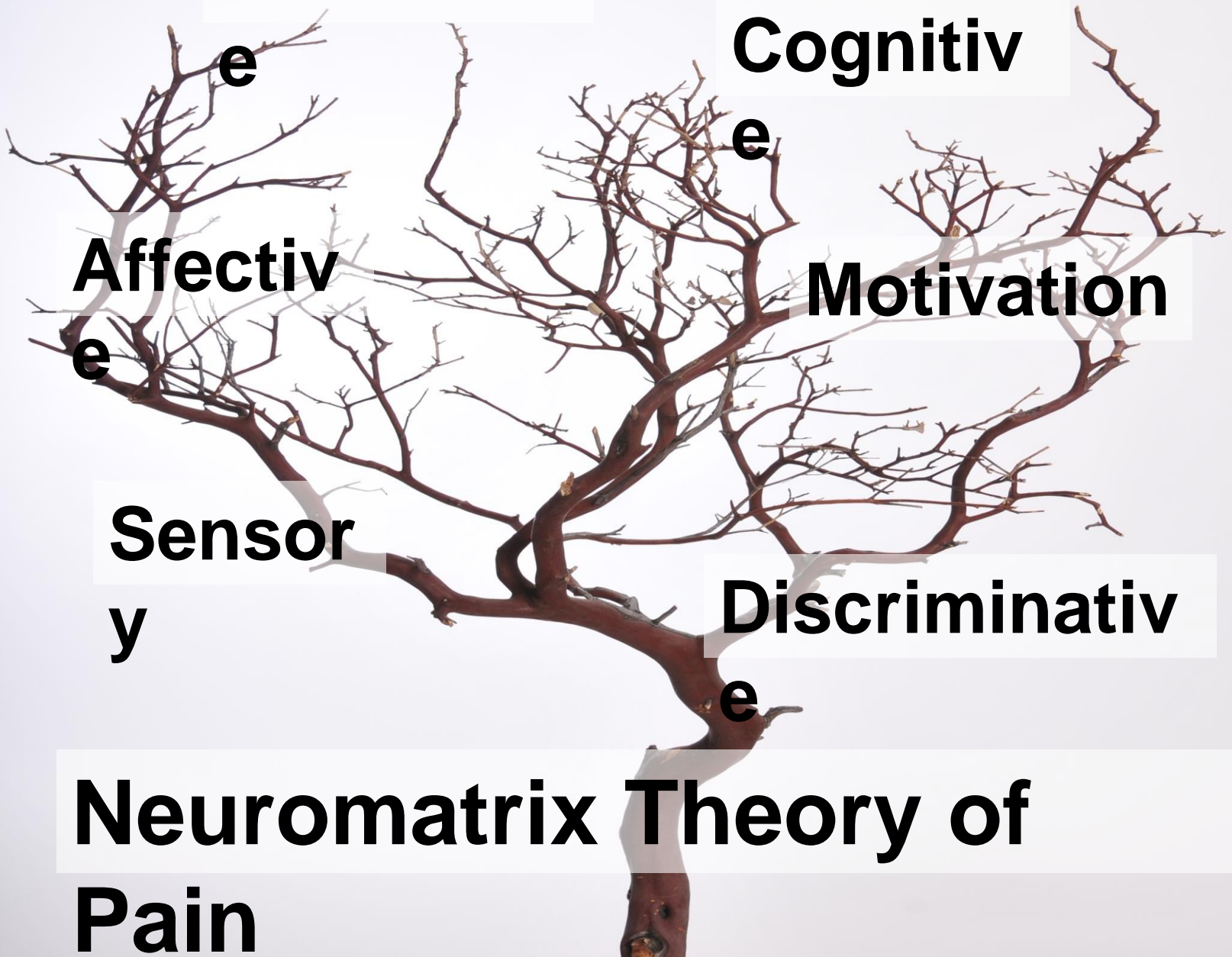
**Sensor**

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**Discriminativ**

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**Neuromatrix Theory of  
Pain**



# Pain Outcomes

- 51 studies
- 3663 subjects.
- ↓ opioid analgesic requirements
- 70% more likely to report pain relief
- ↓ morphine 2 hrs post-surgery



Cepeda, M.S., Carr, D., Lau, J., & Alvarez, H. Music for pain relief. Cochrane Database of Systematic Reviews 2013, Issue 10. Art. No.: CD004843.



# Effects of a Music Therapy Intervention for Women with Metastatic Breast Cancer

Dana-Farber Cancer Institute  
Boston, MA, USA

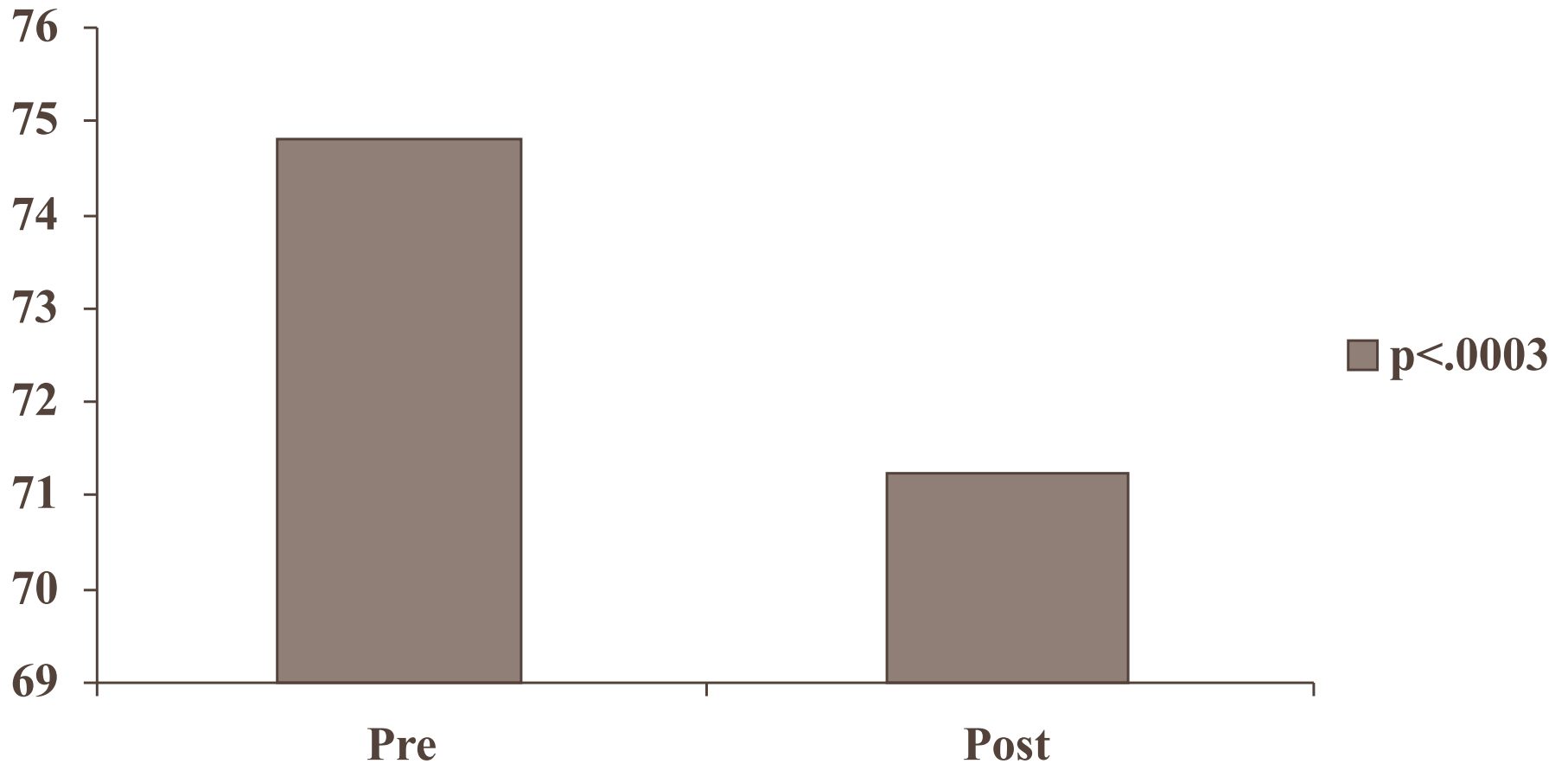
Hanser, S.B., Bauer-Wu, S., Kubicek, L., Healey, M., Manola, J., Hernandez, M., & Bunnell, C. (2006). Effects of a music therapy intervention on quality of life and distress in women with metastatic breast cancer. *Journal of the Society for Integrative Oncology*, 5(1), 14-23.

# Visual Analogue Scale - mean changes

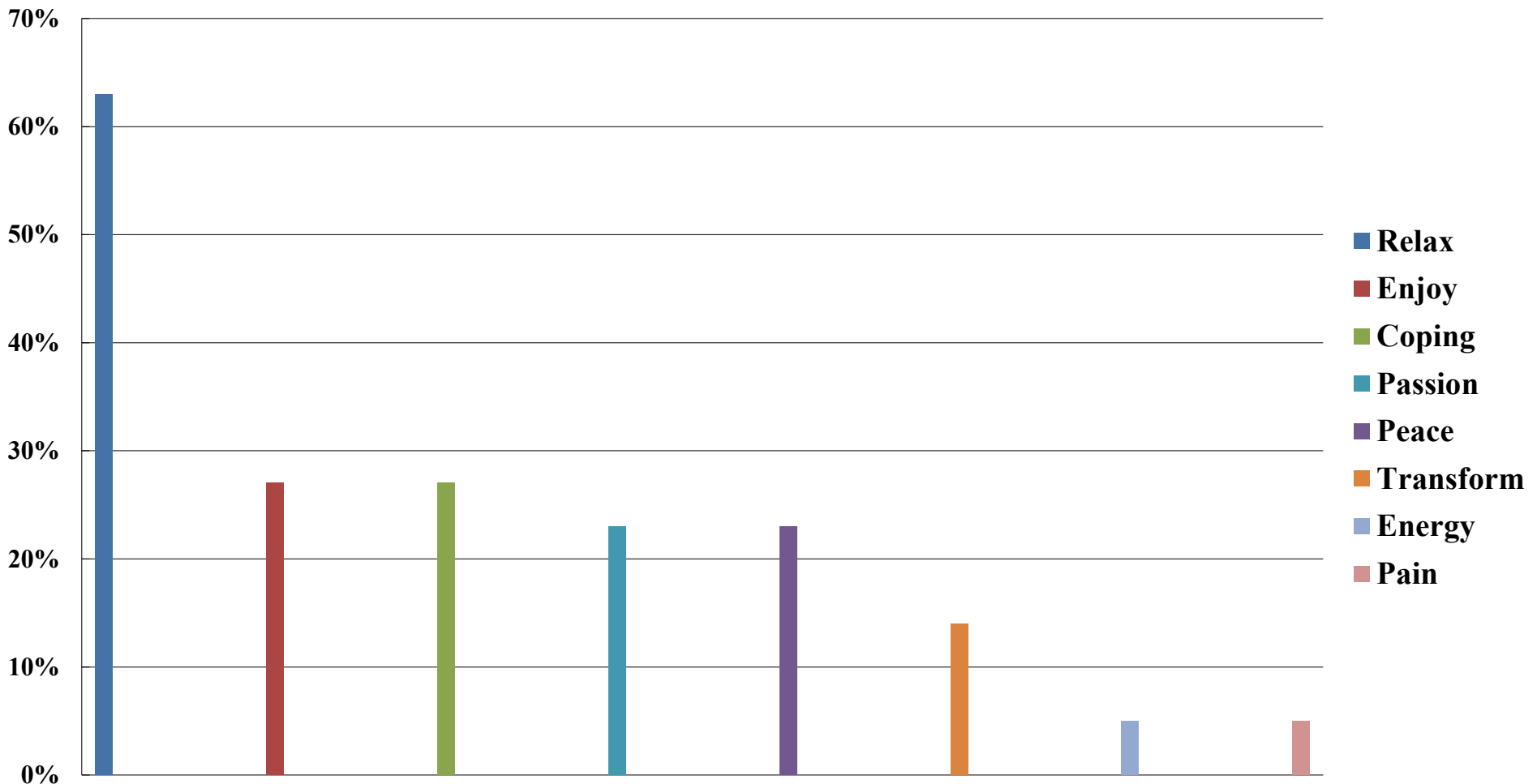




# Heart Rate



# Patient Comments



*“The music sessions have the power to motivate, stimulate, invigorate, and move me deeply.”*



*“It has been the most wonderful addition for me. It has helped me feel calmer, it has helped me feel energized. It has helped me focus to begin to accomplish what I need to do now in my life.”*



*“I listen to music with more focus now.  
I use music to calm down or pick me up.  
This has been a most wonderful  
experience.”*



*“I will take at least 15 - 20 minutes a day for  
my own personal music therapy - focusing,  
listening, relaxing the soul. I am so happy  
I actually had the therapy!”*

# The Way to Awaken



# Music Therapy w/ Depressed Older Adults

- Older adults dx mild-moderate depressive disorder (N=30)
  - Randomized controlled trial – 3 conditions
  - Eight music listening techniques
- 
- Hanser, S.B., & Thompson, L.W. (1994). Effects of a music therapy strategy on depressed older adults. *Journal of Gerontology*, 49(6), P265-P269.



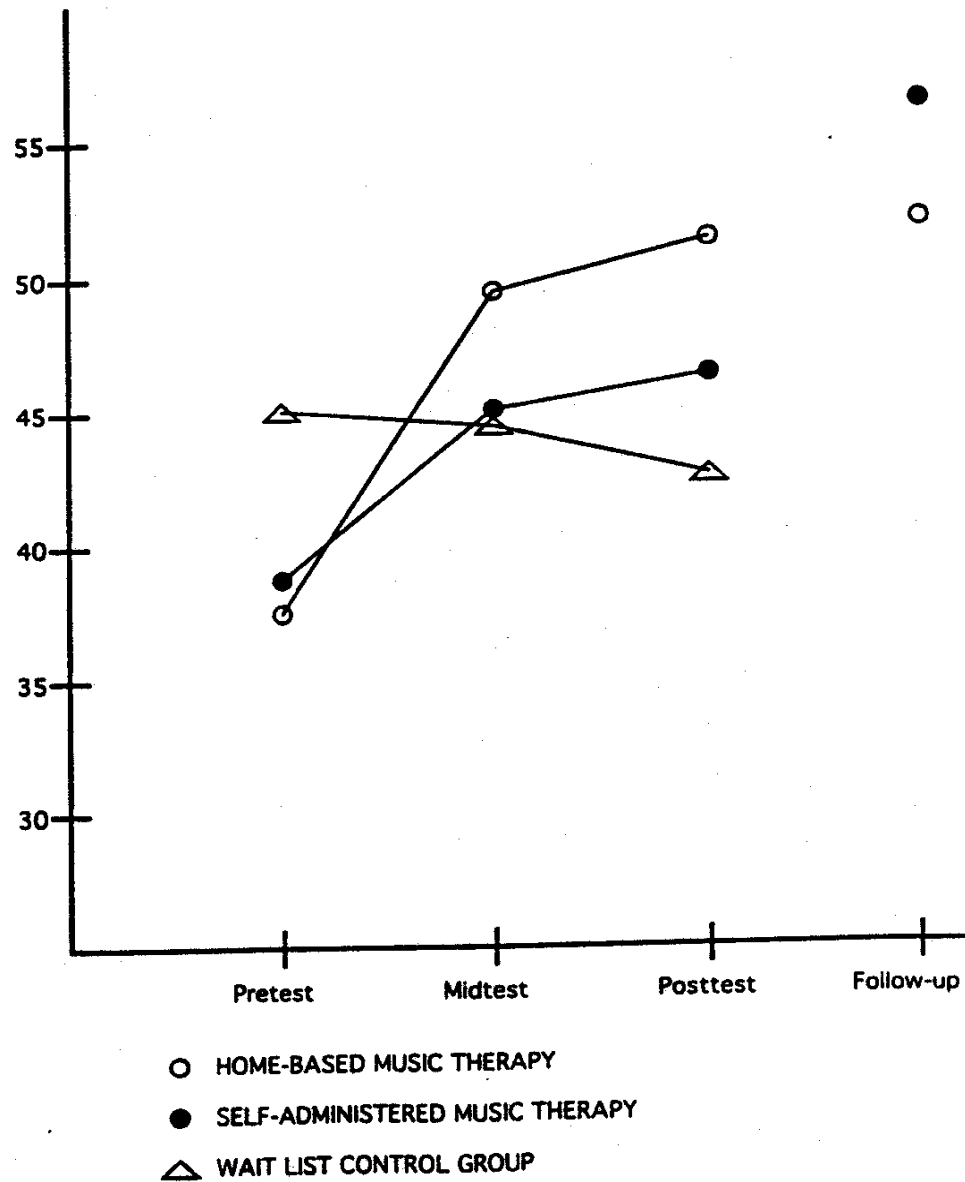


Figure 2. Profile of Mood States (POMS) profiles, composed (top of graph) to anxious (bottom) scale, for the three conditions across four times of measurement.

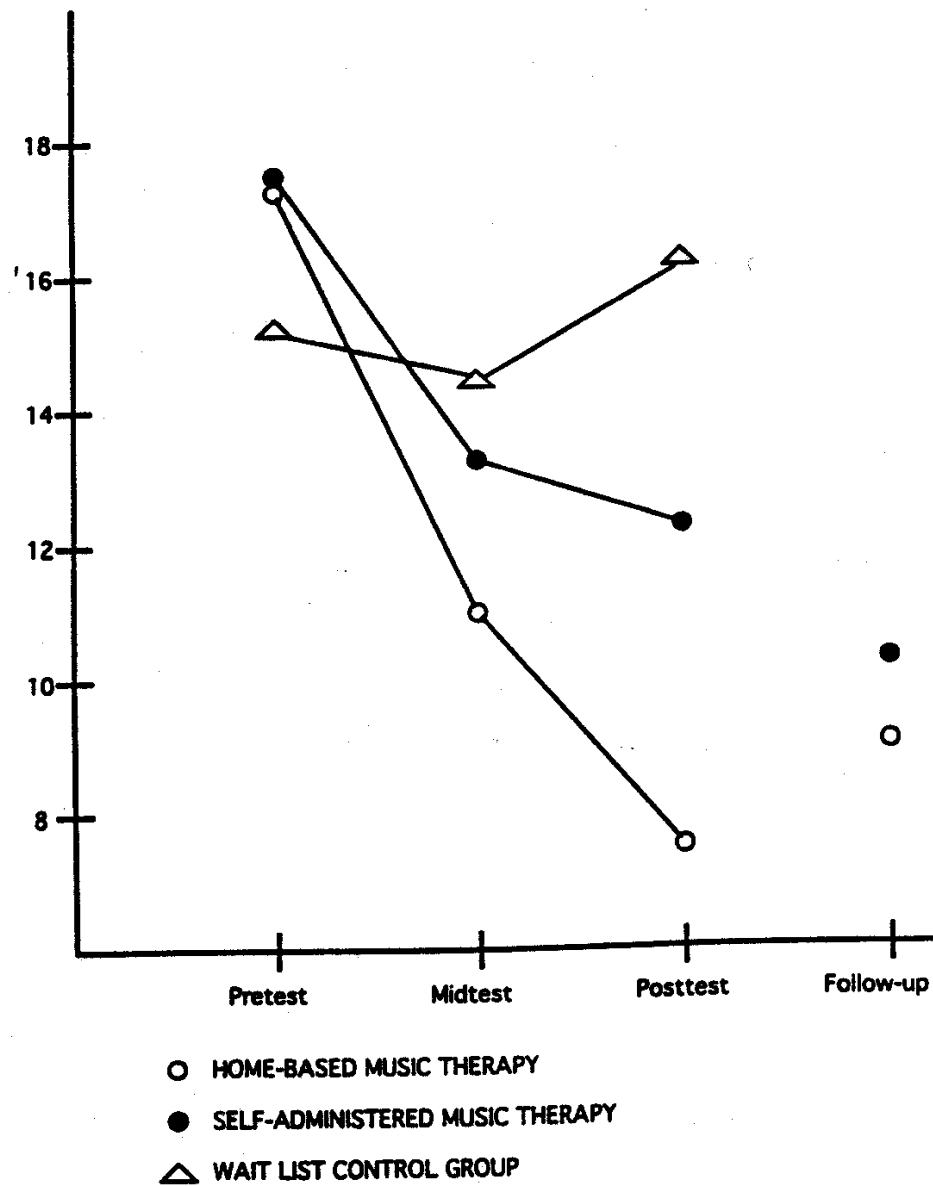


Figure 1. Mean Geriatric Depression Scale (GDS) scores for the three conditions across four times of measurement.

# Outcomes

- Statistically significant differences between music and controls ( $p < .05$ )
  - depression, distress, self-esteem and mood
- Clinically significant changes in music groups
- Maintenance of gains over 9-month follow-up



# The Way to the Musical Self





I live my life as if I only had today  
I keep strong when life throws  
Hardships my way  
No fear no pain can keep me down  
I will get up when life wants to push me down

I live my life with God and love on my side  
Laughter of children bringing  
Joy to my heart  
No fear, No pain can keep me down  
I will get up when life wants to push me down

I live my life with all the courage that I need  
A castle in the clouds gives me  
Some peace  
No fear, No pain can keep me down  
I will get up when life wants to push me down

No fear, No pain can keep me down  
I will get up when life wants to push me down

I WILL GET UP





# The Way To Peace



A close-up, profile view of a woman's face on the right side of the frame, looking towards a large, vibrant orange and red flower on the left. The flower has many pointed petals, creating a starburst effect. The background is a soft, out-of-focus blue and white, suggesting a bright, airy environment. The overall mood is serene and contemplative.

**Breathe Into Pain**

- **Breathe**  
**Relax**

**Feel**

**Watch**

**Allow**

- **Neuromatrix Theory**

# Bringing Homeostasis to Autonomic Nervous System





My life right now  
Is pretty much on hold  
My time is spent  
Waiting to heal

I feel stuck on an island  
Watching others sail by  
Their lives moving forward  
While mine is still standing by

TRYING TO FIND THE MUSIC  
WITHIN THE NOISE  
THE EYE WITHIN THE STORM  
A CALM INSIDE THE TENSION  
THE PEACE INSIDE THE WAR

What used to be easy  
Is a struggle now  
Everyday tasks a real challenge  
Finding the focus is often elusive  
Everyday getting harder to manage



“The Music Within the  
Noise”

**“Music’ s the cordial of  
a troubled breast,  
The softest remedy that grief can find;  
The gentle spell that  
charms our care to rest  
And calms the ruffled passions  
of the mind.**

**Music does all our joys refine,  
And gives the relish to our wine.”**

**- John Oldham**