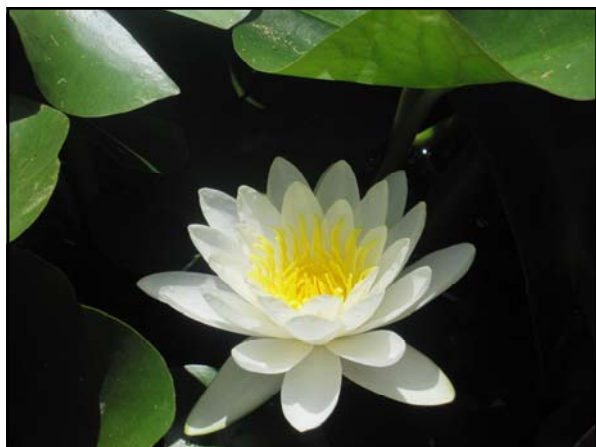
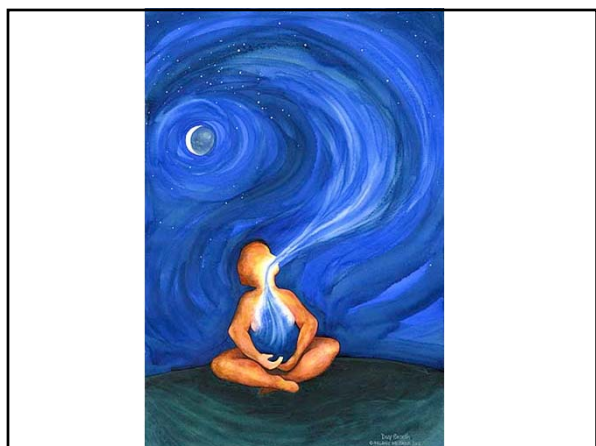


Hanser, S.B., Larson, S.C., & O'Connell, A.S. (1983). Music therapy-assisted labor: Effects on relaxation of expectant mothers. *Birth Psychology Bulletin*, 4(1), 2-12.



Experimental Design

Subjects as own control



Early Labor

Deep relaxed breathing
Slow, natural, as in sleep



Mid-Labor

"Blowing out the Candle"
Blow puffs of air



Outcomes

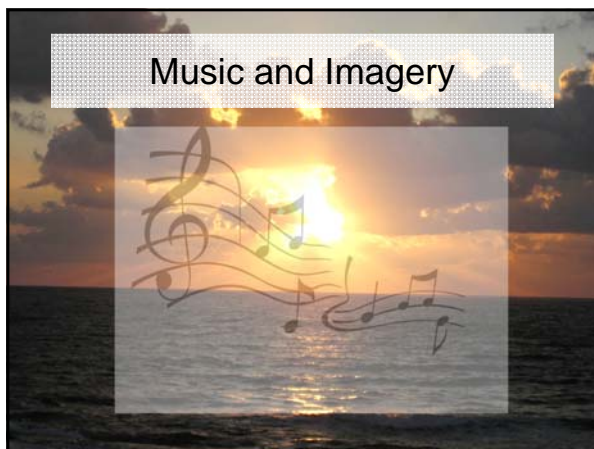
- Less pain
- Music and music therapist were helpful
- Music as "auditory focal point"



Paced Breathing

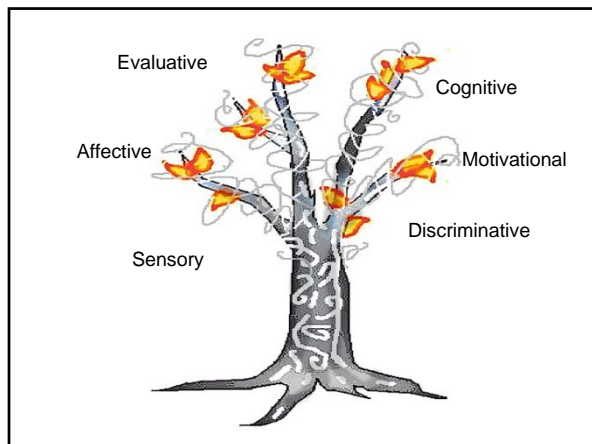


Music and Imagery



What happens when
I am in pain?





Autonomic Nervous System



Parasympathetic (PANS)

- Rest and recuperation
- laid back, relaxed
- ↓ heart rate
- ↓ respiration
- ↓ blood flow muscles
- ↑ blood flow digestion
- Couch potato bliss (acetylcholine)

Music bombards the senses

Images

Memories

Associations

Mood change

Rhythm



The Relaxation Response (RR) *The Breakout Principle (BP)* (Herbert Benson)



Autonomic Nervous System

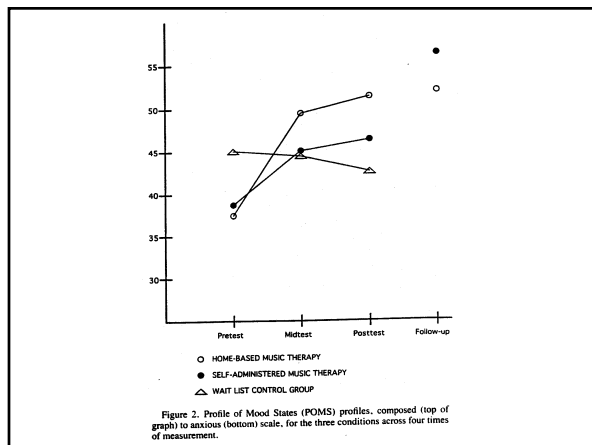
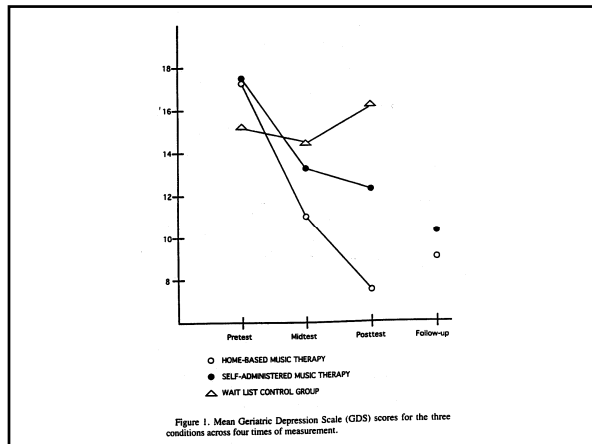
Sympathetic (SANS)

- Flight-or-flight
- hypervigilance, tense
- ↑ heart rate
- ↑ respiration
- ↑ blood flow muscles
- ↓ blood flow digestion
- Adrenaline rush (norepineprine)



Hanser, S.B., & Thompson, L.W. (1994). Effects of a music therapy strategy on depressed older adults. *Journal of Gerontology*, 49(6), P265-P269.





Outcomes

- Significant differences between music and controls
 - on depression, distress, self-esteem and mood
- Clinically significant changes in music groups
- Maintenance of gains over 9-month follow-up

Oncology Trials



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.

Case: BW

- Acute pain – blood draw
- Anticipatory anxiety



“The Music is Here for Me”

The music is here
The dancing is here
Back and forth we go.

It's helpful for you
It's helpful for me
The music can save me.

It is here when I want it
It is here when I need it
It will be just right for me.



Beauty is truth, truth beauty.

*That is all ye know on earth, and all
ye need to know.*

-John Keats

