



Interdisciplinary Society for Quantitative Research in Music and Medicine

2015 Conference Abstracts, Immaculata University

Mandala, Music, and Recovery

Mary E. Campbell, MAMT-BC

Creative Health, Pottstown, USA

ABSTRACT

The Mandala and Music protocol was developed for use with outpatient intensive care mental health consumers, and further developed in combination with EMDR as a tool for clients in trauma recovery. Prior to creating a Mandala, clients work through issues and identify core positive beliefs. This is done through a combination of guided meditation and positive visualization with music chosen to promote relaxation, followed by discussion of possible affirmations and goals. With EMDR clients, the process has an inherent component of identifying positive beliefs about self, and often a Mandala is a natural part of therapy after several sessions, helping to summarize and affirm progress. This protocol has also been presented to 'Women for Sobriety' support groups as a single 2 hour group session. Each client creates their own Mandala, a very personal and motivational graphic image which then becomes an ongoing source of inspiration, a tangible reminder of goals and/or accomplishments, often a comfort, and source of grounding. In therapeutic sessions clients are then assisted to also frame the finished image, and frames have been created using recycled cardboard and fabric. [The author can be reached at sunflowerangels@verizon.net]