



Interdisciplinary Society for Quantitative Research in Music and Medicine

2015 Conference Abstracts, Immaculata University

**SACRED SCALE MUSIC TO TREAT DISORDERS RELATED TO PAIN,  
ANXIETY AND DEPRESSION**

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**ABSTRACT**

This workshop introduces participants to the Sacred Scale for treating disorders with music. The Sacred Scale is 9 specific frequencies all in tune with the laws of nature, all in tune with the human body. Previous research on the Sacred Scale showed that these frequencies were effective in lessening symptoms of pain, anxiety, and depression. Our newest research was conducted on specific disorders including rheumatoid arthritis, chronic pain and migraine. The results showed that participants in all groups reported less pain after only three sessions. Results of both studies will be presented as well as plans for future research. Participants will receive a handout explaining the study results as well as the history of the Sacred Scale. The workshop will involve two sections. In the first part of the workshop, quantitative research results will be presented as well as a theoretical background of the Sacred Scale. The second part of the workshop will involve an experiential session where participants will be exposed to a typical session and be able to experience what happens in the body as well as ask questions about methodology and administration of this type of healing. [The author can be reached at [info@carlarosekelly.com](mailto:info@carlarosekelly.com) ]