



From Victim to Survivor: Music as a Tool for Healing and Empowerment

Veronica Quinonez she/her

Territory | Language | Treaty

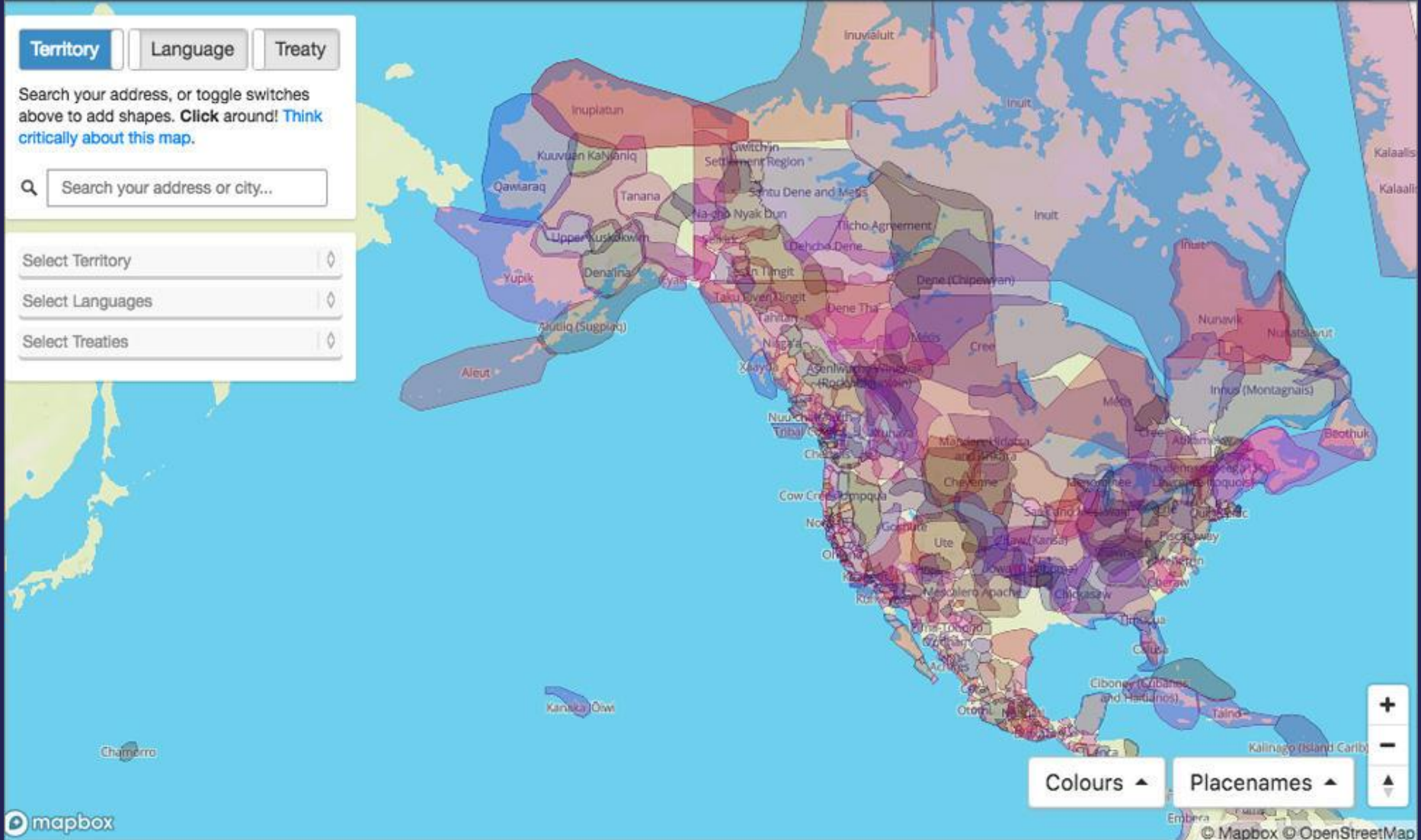
Search your address, or toggle switches above to add shapes. Click around! Think critically about this map.

Q Search your address or city...

Select Territory

Select Languages

Select Treaties



Poll

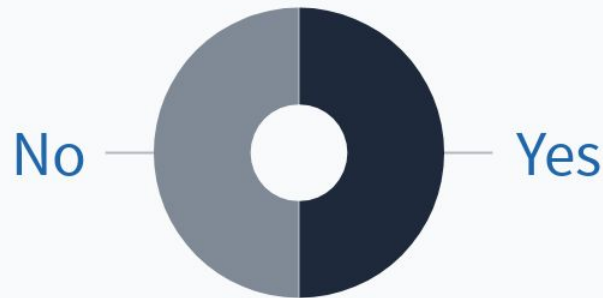


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Do certain songs bring up emotions for you (happy, nostalgic, sad, angry etc)?

Yes A No B

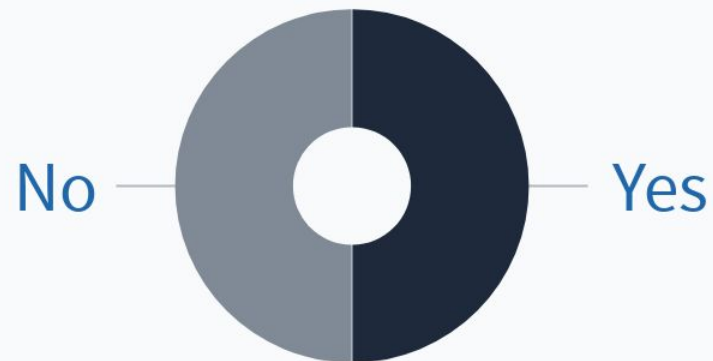


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Do you ever use music to feel better?

Yes **A** No **B**





My Story



“Music engagement has shown to facilitate emotional regulation, where both adolescents and adults often turn to music to promote positive mood, reduce negative mood, and invoke nostalgia or solace (Miranda and Claes 2009; Saarikallio 2011; Juslin et al. 2011).”



“Every time we hear a piece of music, our biological programme will respond to it, resulting in behavioural (dancing, singing, drinking, eating etc.), psychological (sad, joyful, anxious etc.) and biological (hormonal, cardiovascular, immunological etc.) reactions.” (Theorell 2014)

Music and the Brain

- Music uses both sides of the brain.
- You experience music via memory, emotion, participation, and familiarity.



Warning

- Music can also trigger people
- Try to ask what songs people might want to use if you can
- Inform people what songs are in your trainings ahead of time





Ancestral Ties

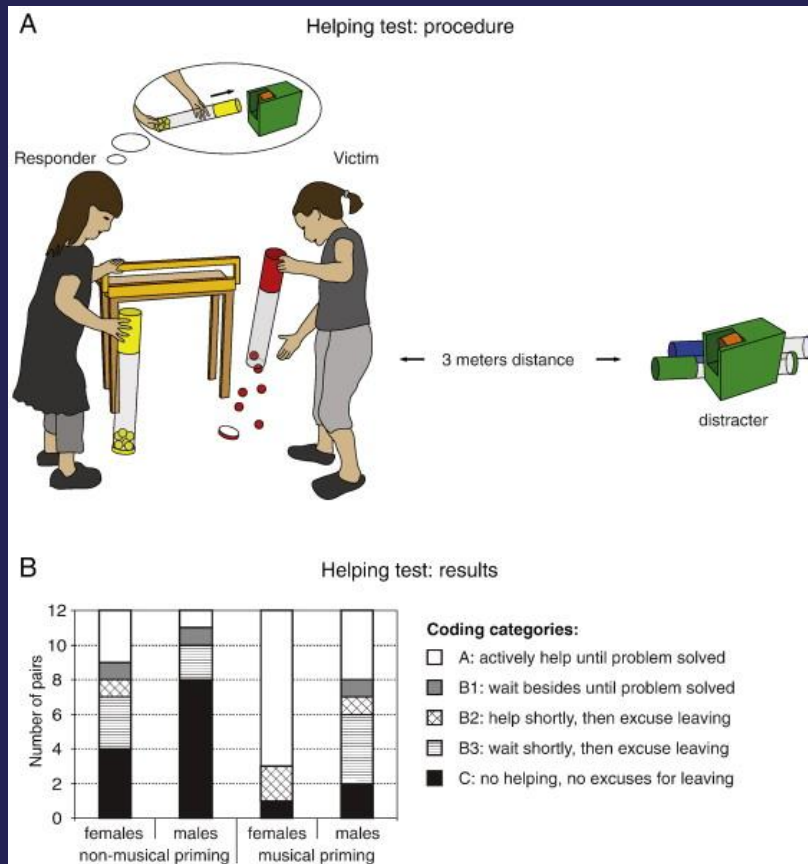
Exercise



Discussion

How did the
activity
feel?

Let's Back it Up with Research



- Choral singing has been shown to lead to health benefits
- Creative lyrical expression improves immunological and physiological states for victims of trauma

Let's Back it Up with Research





My Story

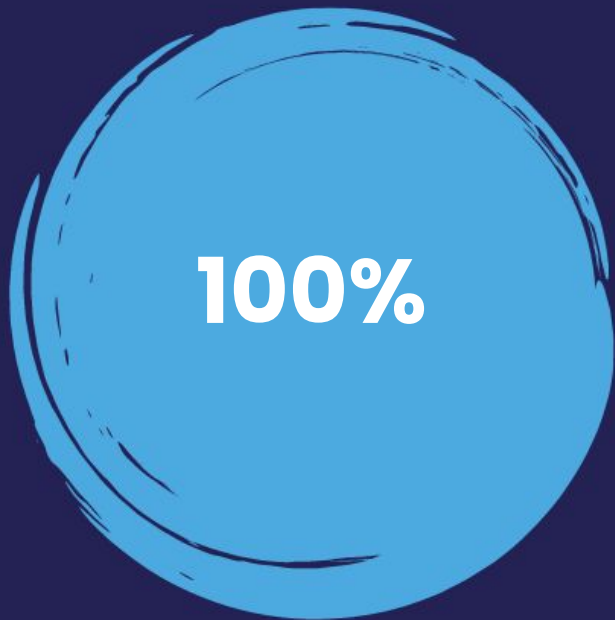


Decolonizing Care



- Psychology/Psychiatry is not helpful to all cultures
- Diagnosis is based on western understandings therefore we often miss depression etc in non Western cultures
- For historically oppressed groups, connection to culture and heritage has been an effective way to approach mental health needs

Music as a Form of Self Care



Stress

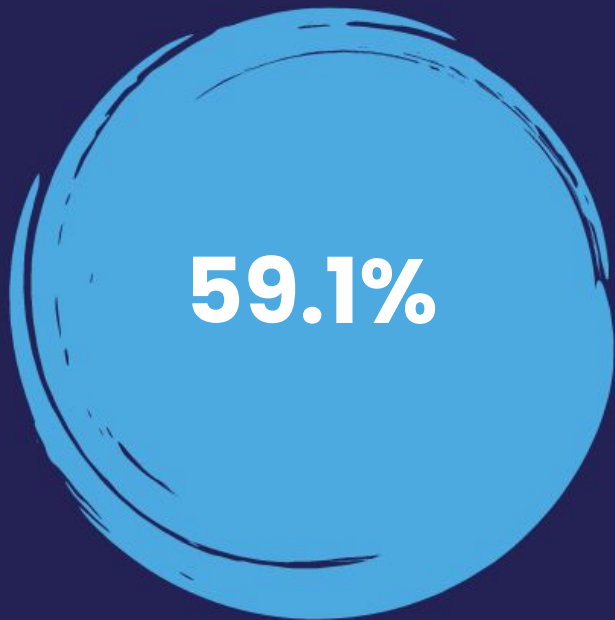
Anxiety

Depression

Relaxation

Motivation

Music as a Form of Healing



Grief

Sexual
Assault

Triggers

Bullying

Vicarious
Trauma

Music as a Form of Healing



59.1%

“ Playing and listening to music helps ground me, helps with anxiety, allows for an outlet of the traumatic experience ”

Music Therapy

An interpersonal process in which the therapist uses music and all of its facets to help patients to improve, restore or maintain health' (Maratos, Gold, Wang & Crawford, 2008).

Listening

Analyzing

Creating

Re-creating

Musical Techniques

- Listening to live or recorded music
- Learning music-assisted relaxation techniques, such as progressive muscle relaxation or deep breathing
- Discussing one's emotional reaction or meaning attached to a particular song or improvisation
- Singing of familiar songs with live or recorded accompaniment

Musical Techniques

- Drumming
- Playing instruments, such as hand percussion
- Writing song lyrics
- Writing the music for new songs
- Learning to play an instrument, such as piano or guitar
- Dancing or moving to live or recorded music
- Writing choreography for music

There's an App for That

Instrumentals

- **Drum Kit**
- **Magic Piano**
- **Real Guitar Free**
- **Soundtrap**
- **Garage Band**

Lyric Writing:

- **Rhymer's Block (iOS only)**



Let's Try a Technique

- Take a piece of paper out
- Listen to the song
- Write down anything that comes to mind
 - Emotions
 - Thoughts
 - Memories etc

Let's Try a Technique



Discussion

What came
to mind?

Pairing with Art



Survivor Word Cloud



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Discussion

Was it
easy/hard?

Spectrum of Empowerment

Table 1 The individual and community empowerment framework and dimensions of esteem, resilience, and growth for individual empowerment, and community and change for *community empowerment*

The individual and community empowerment framework

Individual empowerment			Community empowerment	
Esteem: feeling better	Resilience: doing better	Growth: being better	Community: better sense of belonging	Change: change for better conditions

The framework and table are adapted from Travis and Deepak (2011)

"The empowered individual is less likely to feel hopeless or helpless; less likely to feel victimized; less likely to perceive continued adversity (Travis, 2013)."

Music as a form of empowerment



81.1%

18.2%

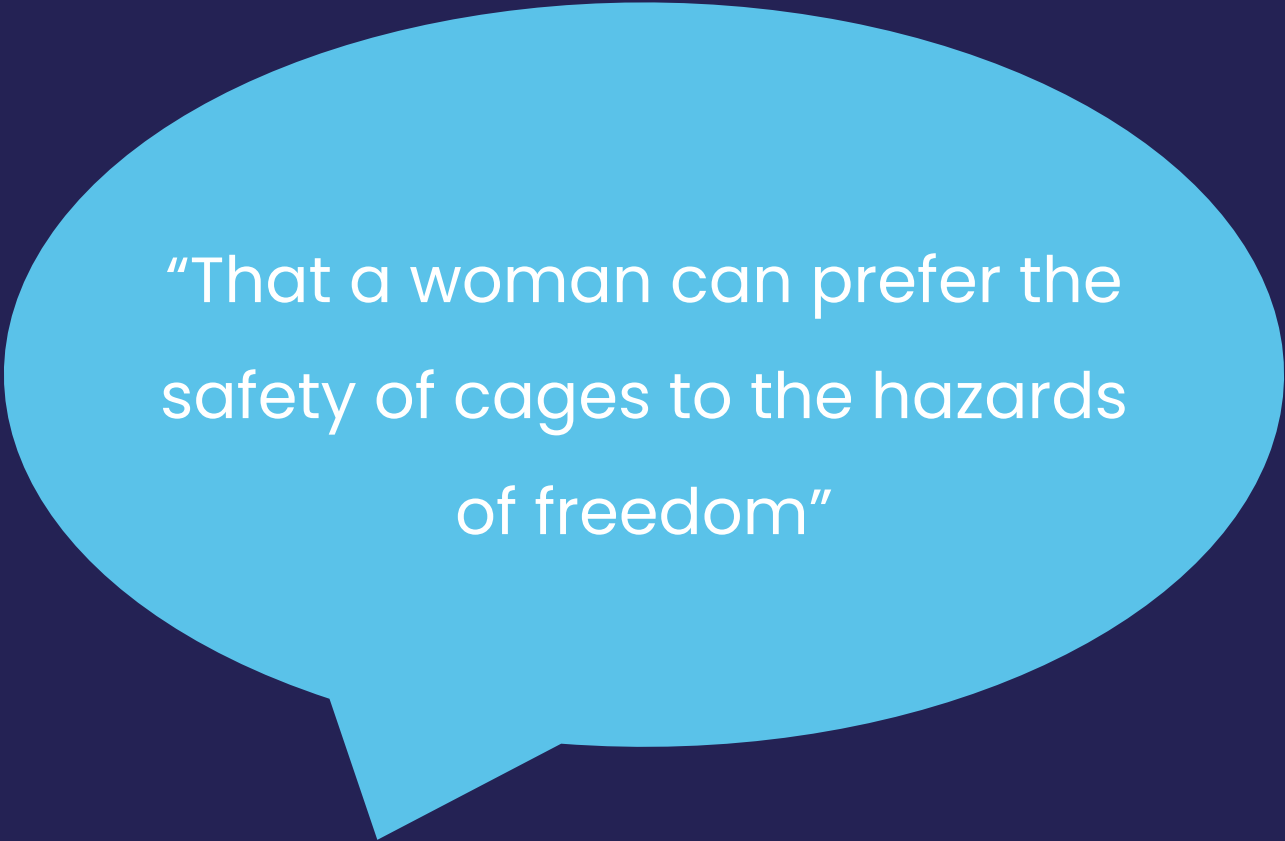
“
Singing and
playing
instruments
makes me
feel
empowered
and
powerful
”

Finding Voice Research Project

40 women participated in music therapy interventions over an 8-month period:

- Vocal exercises and techniques
- Individual and collaborative writing
- Analysis of instrumental and vocal music
- Adapted lyrics to existing songs
- Composition of original songs
- Percussion interventions
- Dance and movement to music

Finding Voice Research Project



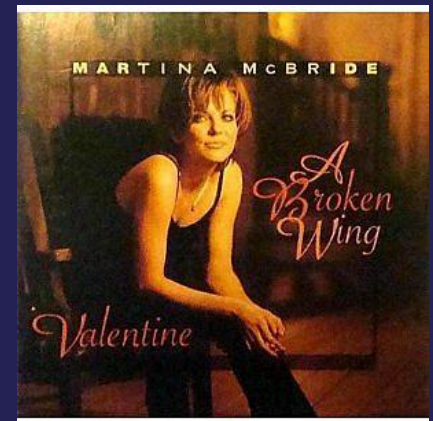
"That a woman can prefer the safety of cages to the hazards of freedom"



Prevention

18.2%

Survivor Sing Out



Bystander Intervention

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Pick a Song Title

With a Little Help From My Friends

Say You'll Be There

I'll Be There

Here For You

At Your Side



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Discussion

How did this
feel?

Consent



Use Social Media!

ARE YOU READY FOR OUR

Spotify Challenge

Listen to our "Read the Signs: Warning Signs of Unhealthy or Abusive Relationships" playlist on spotify.

THEN complete the prompts for one or all of the songs.

LYRIC LOOKOVER
WRITE DOWN SPECIFIC LYRICS THAT ARE WARNING SIGNS:

FLIP THE SONG
NOW WRITE DOWN YOUR OWN LYRICS TO MAKE THE SONG HEALTHIER



check out our spotify playlist:

BLACK VOICES AGAINST VIOLENCE

to listen to Black artists who have led the conversation against violence

[@aware_prevent](#)

What's your favorite artistic expression about SURVIVING violence?



Stories allow people to reply

Tips and Tricks: Moving Forward

- Use videos/songs in existing trainings
- Hold open mic events or contests that incorporate music around a theme
- Try social media!
 - Tik tok already uses music
 - Hold an instagram live event
 - Create playlists on spotify and share
- Pair music with coloring or other self care techniques



Questions?

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