



MILITARY MUSIC THERAPY

The profession and history of music therapy is rooted in its noticed clinical benefits with service members and veterans. Military music therapy assists in healing for active duty service members, veterans, and their family members. Common diagnoses include the “invisible wounds of war” including post traumatic stress disorder (PTSD), traumatic brain injury (TBI), and other physical or emotional injuries. Music therapists are included in interdisciplinary treatment, as part of patient centered, integrative care models, and often assist with military readiness, community re-integration, and/or ongoing care after military separation.

Impact of the music therapy work:

- Assist with re-integration:

Innovative performance platforms bridge the gap between the clinic and community, supporting service members re-integration into their communities.

- Increase neuroplasticity:

Music has an effect on multiple neural networks and can assist with rebuilding connections within the brain after injury including both physical and psychological rehabilitation.

- Relief from trauma related symptoms:

Songwriting assists in reframing negative self-image, and music making/listening can reduce hyper-arousal and healthy coping skills related to symptoms of PTSD.

Research Articles:

1. Bradt, J., Biondo, J., Vaudreuil, R. (2018). Songs created by military service members in music therapy: A Retrospective analysis. *The Arts in Psychotherapy*, online publication ahead of print. DOI: <https://doi.org/10.1016/j.aip.2018.11.004>
2. Bronson, H., Vaudreuil, R., Bradt, J. (2018). Music therapy treatment of active duty service members: An overview of intensive outpatient and longitudinal care programs. *Music Therapy Perspectives*
3. Landis-Shack, N., Heinz, A.J., Bonn-Miller, M.O. (2017). Music therapy for post traumatic stress in adults: A theoretical review. *Psychomusicology*, 27(4). 334-342.
4. Vaudreuil, R., Avila, L., Bradt, J., Pasquina, P. (2018). Music therapy applied to complex blast injury in interdisciplinary care: A case report. *Disability and Rehabilitation*, online publication ahead of print. DOI: <https://doi.org/10.1080/09638288.2018.1462412>
5. Vaudreuil, R., Bronson, H., Bradt, J. (2019). Bridging the clinic to community: Music performance as social transformation in military service members. *Frontiers in Psychology*, 10 (119), online publication ahead of print, DOI:10.3389/psyg.2019.00119