Exploring **Integrative therapies** - This includes what is known as holistic treatments based on the mind-body connection.

## Music Therapy

Music Therapy is the use of music within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. Music can help us focus and connect to emotions when it is hard to express them or know them in ourselves.

Mindfulness and Grief Institute: Songs that Heal - Podcast 13
<a href="https://youtu.be/NI\_z4pHNzxE">https://youtu.be/NI\_z4pHNzxE</a> : Music Therapy Tools and Techniques for Grief with Molly G. Hicks, MMT, MT-BC
<a href="https://www.mindfulnessandgrief.com">www.mindfulnessandgrief.com</a>

- Art Therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being.
   A Grieving artist goes viral finding flow | Josie Lewis | TEDxMinneapolis https://youtu.be/1M80Rh3wocQ
- **Body work** such as massage therapy, craniosacral, acupressure, etc.
- Clinical aromatherapy is the therapeutic use of essential oils from plants (flowers, herbs, or trees) for the improvement of physical, emotional, and spiritual well-being. We recommend <a href="https://naturesgift.com/">https://naturesgift.com/</a> as an ethical and reliable source of information and oils
- Reiki- available from trained practitioners who bring focused attention and use their hands just above or on a person's body to balance energy and promote healing. <a href="https://www.reikiassociation.net/reiki-directory.php">https://www.reikiassociation.net/reiki-directory.php</a>
- **Guided Meditation** This involves sitting comfortably for a given time and allow your thoughts and breathing to be guided by a practitioner.
  - Short Meditation on Greif 1.5 minutes)
     https://insighttimer.com/sarahraenewman/guided-meditations/grief
  - Guided Meditation on the Death of child (13 minutes)
     https://insighttimer.com/teristephens/guided-meditations/guided-meditation-on-the-death-of-a-child
  - Meditation to Start Your Day (7 minutes) https://youtu.be/k0PSUDvLi8E
- Metta means love, friendliness or Loving Kindness
  It is a meditation practice where we repeat simple phrases to cultivate positive emotional
  states towards ourselves and others. We offer two.

Sit comfortably upright. If it's comfortable close your eyes. Begin to focus on your breath. Take several deep breaths with me. Inhaling first into your belly then chest, and exhaling from your chest down to your belly. Again......and again. If thoughts intrude let them go by like clouds and return the focus on the breath.

Now resuming normal breathing, repeat after me, out loud or to yourself.

May I be free of suffering May I be happy again May I experience peace again

May you be free of suffering May you be happy again May you experience peace again

May all beings be free of suffering May all beings be happy again May all beings experience peace again.

OR

May I be safe
May I be happy and healthy
May I be peaceful and calm
May I care for myself with joy and ease.
(Then repeat for another and finally for all beings)

## What is Music Therapy?

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings.

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Songs that Heal: Music Therapy Tools and Techniques for Grief with Molly G. Hicks, MMT, MT-BC