

## EXPRESSIVE THERAPIES SIG: RESOURCES

January 2021

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### FILMS, DOCUMENTARIES AND VIDEO CLIPS

	<p><b>Undone (2019)</b> <a href="#">Trailer</a> <a href="#">Watch on Prime Video</a></p> <p>Are we stuck in a loop or is there more to life? Watch the official trailer, a half-hour genre-bending animated series starring Rosa Salazar and Bob Odenkirk that explores the elastic nature of reality through its central character Alma, a twenty-eight-year-old living in San Antonio, Texas. After getting into a car accident and nearly dying, Alma finds she has a new relationship to time. She develops this new ability in order to find out the truth about her father's death.</p>
	<p>PBS NOVA specials</p> <p><b>Musical Mind (Daniel Levitin, 2017)</b> Short-clip: <a href="https://www.pbs.org/video/daniel-levitins-musical-mind-zjhkm5/">https://www.pbs.org/video/daniel-levitins-musical-mind-zjhkm5/</a></p> <p><b>Musical Minds (Oliver Sacks, 2009)</b> PBS special: Oliver Sacks explores how the power of music can make the brain come alive. Transcript: <a href="https://www.pbs.org/wgbh/nova/body/musical-minds.html">https://www.pbs.org/wgbh/nova/body/musical-minds.html</a></p> <p>Can the power of music make the brain come alive? Throughout his career Dr. Oliver Sacks, neurologist and acclaimed author, has encountered myriad patients who are struggling to cope with debilitating medical conditions, including autism and Tourette's syndrome. While their ailments vary, many have one thing in common: an appreciation for the therapeutic effects of music.</p>
	<p>Noteworthy clips from a music therapist for Neurologic Music Therapy: <a href="#">Gait Training</a> <a href="#">Stroke Rehabilitation</a></p> <p>Neurologic Music Therapy interventions administered by MedRhythms at Spaulding Rehabilitation Hospital, Boston: <a href="https://www.medrhythmstherapy.com/what-is-nmt">https://www.medrhythmstherapy.com/what-is-nmt</a></p>



### **Alive Inside: A Story of Music & Memory (2014)**

<http://www.aliveinside.us/>

#### **Trailer**

*Alive Inside* is a joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized through the simple experience of listening to music. His camera reveals the uniquely human connection we find in music and how its healing power can triumph where prescription medication falls short. An uplifting cinematic exploration of music and the mind, ALIVE INSIDE's inspirational and emotional story left audiences humming, clapping and cheering at the 2014 Sundance Film Festival, where it won the Audience Award.



### **The Great Courses: Music and the Brain**

<https://www.thegreatcoursesplus.com/music-and-the-brain>

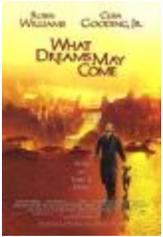
- 1: Music: Culture, Biology, or Both?
- 2: Seeking an Evolutionary Theory of Music
- 3: Testing Theories of Music's Origins
- 4: Music, Language, and Emotional Expression
- 5: Brain Sources of Music's Emotional Power
- 6: Musical Building Blocks: Pitch and Timbre
- 7: Consonance, Dissonance, and Musical Scales
- 8: Arousing Expectations: Melody and Harmony
- 9: The Complexities of Musical Rhythm
- 10: Perceiving and Moving to a Rhythmic Beat
- 11: Nature, Nurture, and Musical Brains
- 12: Cognitive Benefits of Musical Training
- 13: The Development of Human Music Cognition
- 14: Disorders of Music Cognition
- 15: Neurological Effects of Hearing Music
- 16: Neurological Effects of Making Music
- 17: Are We the Only Musical Species?
- 18: Music: A Neuroscientific Perspective



### **Awakenings (1990)**

[IMDB / Trailer](#)

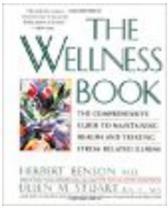
Based on [Oliver Sacks's](#) 1973 [memoir of the same title](#). It tells the story of a fictional character, neurologist Dr. Malcolm Sayer, who is based on Sacks and played by [Robin Williams](#). In 1969, he discovered beneficial effects of the drug [L-Dopa](#). He administers it to [catatonic](#) patients who survived the 1917–28 epidemic of [encephalitis lethargica](#). Leonard Lowe (played by Robert de Niro)

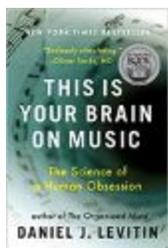
	<p>and the rest of the patients are awakened after decades and have to deal with a new life in a new time.</p>
	<p><b>What Dreams May Come (1998)</b>  <a href="#">IMDB / Trailer</a></p> <p>After Chris Nielsen (Robin Williams) dies in a car accident, he is guided through the afterlife by his spirit guide, Albert (Cuba Gooding Jr.). His new world is beautiful and can be whatever Chris imagines. Even his children are there. But, when his wife, Annie (Annabella Sciorra), commits suicide and is sent to hell, Chris ignores Albert's warnings and journeys there to save her. Upon arrival, Chris finds that rescuing Annie will be more difficult than he'd imagined.</p>
	<p><b>Soul (2020) 8-min soul clip on Mind-Body Connection</b>  <a href="#">Trailer</a>  <a href="#">"Soul Stories" podcast</a></p> <p>Soul director Pete Docter and producer Dana Murray discuss their relationship with jazz and the mentors who impacted their careers.</p> <ul style="list-style-type: none"> <li>● Describes the flow state and its connection on a difference valence to being a "Lost soul".</li> <li>● Western lens on Cartesian Mind-body dualism: Soul is split from the physical body vs. whole healing paradigm views that there is no split, wholeness/one totality/consciousness lives in us all.</li> <li>● Incorporates indigenous wisdom traditions of connecting to the whole (e.g. drumming in Shamanism, current day studies on psychedelics that have been used in ceremonies to blur the lines / for awakening).</li> <li>● Meditation: state breaks when he is excited that he is beginning to feel the mind-body connection. Guide asks him to be in silence, drop into body awareness through senses and interoception.</li> <li>● Psychospiritual crisis or delirium vs. psychosis? <ul style="list-style-type: none"> <li>○ Doctor checks for orientation to r/o delirium, "Can you tell me what day it is," and the response is "it's the worst day of my life! I don't want to be here, I hate earth"</li> <li>○ Biomedical lens - is this suicidal ideation, delirium or is it actually psychospiritual crisis?</li> </ul> </li> <li>● Children having an expanded framework of the meaning of life and souls.</li> </ul>

	<p><b>Coco (2017)</b>  <a href="#">Trailer</a>  <a href="#">Music Reminiscence Clip</a></p> <p>Despite his family's baffling generations-old ban on music, Miguel (voice of newcomer Anthony Gonzalez) dreams of becoming an accomplished musician like his idol, Ernesto de la Cruz (voice of Benjamin Bratt). Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead following a mysterious chain of events. Along the way, he meets charming trickster Hector (voice of Gael García Bernal), and together, they set off on an extraordinary journey to unlock the real story behind Miguel's family history.</p>
<p>San Francisco Conservatory of Music</p> <p>UCSF Neurology Memory &amp; Aging Center</p>	<p><a href="#">Video Playlist</a>  <a href="#">Language of Music by Scott Fogelsong</a> (Faculty, SF Conservatory of Music)      Brilliant Deconstructing Bolero, piece by piece, live on the piano!</p> <p><a href="#">Progressive Aphasia, Transmodal Creativity by Bill Seeley</a> (UCSF Neurologist):      Story of patient, Anne Adams, and Maurice Ravel, both with expressive aphasia</p>

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## BOOKS

	<p><b>The Wellness Book: <i>The Comprehensive Guide to Maintaining Health and Treating Stress-Related Illness</i></b>      By Herbert Benson, MD &amp; Eileen M. Stuart, RN, MS</p> <p>Dr. Benson has created the definitive resource that shows readers how to maintain health and treat stress-related illnesses, including high blood pressure, cardiovascular disease, chronic pain, Parkinson's Disease, infertility, insomnia, anxiety, symptoms of HIV and cancer, menopause, and more.</p> <p><i>The Wellness Book</i> shows readers how to create and control their own well being. Use of the book, in combination with modern medical treatments, will aid in prevention and treatment of a number of illnesses and, according to <i>USA TODAY</i>, "legitimizes the mind/body connection in traditional medicine.</p>
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### **This Is Your Brain on Music: *The Science of a Human Obsession***

by Daniel J Levitin

In this groundbreaking union of art and science, rocker-turned-neuroscientist Daniel J. Levitin explores the connection between music—its performance, its composition, how we listen to it, why we enjoy it—and the human brain.

Levitin suggests that music is fundamental to our species, perhaps even more so than language. Drawing on the latest research and on musical examples ranging from Mozart to Duke Ellington to Van Halen, he reveals:

- How composers produce some of the most pleasurable effects of listening to music by exploiting the way our brains make sense of the world
- Why we are so emotionally attached to the music we listened to as teenagers, whether it was Fleetwood Mac, U2, or Dr. Dre
- That practice, rather than talent, is the driving force behind musical expertise
- How those insidious little jingles (earworms) get stuck in our head

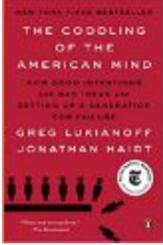
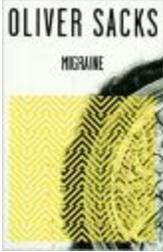


### **Sacred Contracts: *Awakening Your Divine Potential***

By Caroline Myss

As a medical intuitive, Myss has found that people often don't understand their purpose in life, which has led to a spiritual malaise of epidemic proportions. This metaphysical disease in turn leads to depression, anxiety, fatigue, and eventually physical illness.

But our purpose—our individual **Sacred Contract**—is often difficult to apprehend. For this reason, Myss developed an enjoyable and ingenious process for deciphering your own Contract using a new theory of archetypes that builds on the works of Jung, Plato, and contemporary thinkers. She first recounts how the concept of **Sacred Contracts** took form in myths and other cultural traditions through the ages. She then examines the lives of the spiritual masters and prophets—Abraham, Jesus, the Buddha, and Muhammad—whose archetypal journeys illustrate the four stages of a Sacred Contract and provide clues for discovering your own.

	<p><b>The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure</b> By Greg Lukianoff, Jonathan Haidt</p> <p>Something has been going wrong on many college campuses the last few years. Speakers are shouted down. Students and professors say they are walking on eggshells and are afraid to speak honestly. Rates of anxiety, depression, and suicide are rising.</p> <p>First Amendment expert Greg Lukianoff and social psychologist Jonathan Haidt show how the new problems on campus have their origins in three terrible ideas that have become increasingly woven into American childhood and education:</p> <ol style="list-style-type: none"> <li>1. What doesn't kill you makes you weaker</li> <li>2. Always trust your feelings</li> <li>3. Life is a battle between good people and evil people</li> </ol> <p>These three untruths contradict basic psychological principles about well-being and ancient wisdom from many cultures. Embracing these untruths interferes with social, emotional, and intellectual development.</p>
	<p><b>Migraine:</b> By Oliver Sacks</p> <p>Relating to ocular migraines &amp; aura/scotoma (vs. differential of psychosis)</p>

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## WEBSITES

<p><a href="#">UCSF Osher Center Guided Imagery</a></p>	<p><b>Guided Imagery</b> (most recordings by Belleruth Naprestak)</p> <p>Guided imagery uses spoken word to engage patients in active imagination and sensory exercises designed to produce a relaxation state. It can be delivered via audio recordings, such as these links, or individualized with a practitioner.</p> <p>Guided imagery has been widely studied as a symptom management tool, and it has been found to be a useful for many people. It is safe and easy to use. There is evidence of improving surgical outcomes and recovery time; pre- and post-op anxiety; post-op pain; cancer related pain and anxiety; and reduced cancer treatment-related symptoms and side effects; improved sleep; and help with addiction.</p>
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<p><a href="#">UCLArts &amp; Healing:</a> <a href="#">HOPE series</a></p> 	<p><b>Healing Online for People Everywhere (HOPE)</b> By UCLArts &amp; Healing</p> <p>Our free HOPE (Healing Online for People Everywhere) Series supports the resilience of our global community through social emotional arts during this unprecedented time. We enhance the innate social-emotional benefits of the arts with supportive practices, such as non-judgmental language and reflection, for self-discovery, connection, and empowerment.</p>
<p><a href="#">UCSF Memory &amp; Aging Center:</a> <a href="#">Art &amp; Creativity</a></p>	<p>Creativity combines elements of emotion, planning and sensory perception. Furthermore, creative expression can involve linguistic, graphic and/or motor skills as well. Since the frontal lobes control higher order skills, like the planning of a series of actions, the organization of a composition (see our discussion of <a href="#">executive functions</a> for more detail), as well as motivation and drive to produce, they are necessarily involved in some components of creative thinking. Sensory perception, however, is distributed throughout the brain. Generally, touch is in the parietal lobes, vision in the occipital lobes and hearing, taste and smell are in the temporal lobes. The wide range of creative expression and creative personalities we see reflects the broad involvement of the brain. Individuals vary in their strengths and weaknesses, which leads to inherent differences in creativity. Changes in any of these pathways can result in increased, decreased or changed creativity. Brilliant examples of patient-artists</p>
<p><a href="#">Soundmap of Forests Around the World</a></p>	<p><b>Virtual, Collective Forest Bathing / Shinrin-Yoku</b></p> <p>Sounds of woodlands and forests from around the world, creating a growing sound map, bringing together aural tones and textures to be presented at <a href="#">Timber Festival 2021</a>. The sounds form an open-source library, to be used by anyone, to listen to and create from. <a href="#">Selected artists</a> will respond to the sounds that are gathered, creating music, audio, artwork or something else incredible.</p>

**PUBLICATIONS**

<p>Hans Petter Solli &amp; Randi Rolvsjord (2015) "<a href="#">The Opposite of Treatment</a>": A qualitative study of how patients diagnosed with psychosis experience music therapy, Nordic Journal of Music Therapy, 24:1, 67-92, DOI: 10.1080/08098131.2014.890639</p>
<p>2019 World Health Organization (WHO) Health Evidence Network Synthesis Report: <a href="#">What is the evidence on the role of the arts in improving health and well-being? A scoping review</a></p>