



PATHs to Healing through Music Psychotherapy

Music therapy will help harness our capacity to return & sustain a secure recapitulation to our lives following the COVID-19 crisis.



"Music can name the un-nameable and communicate the unknowable."
Leonard Bernstein

THE LOUIS ARMSTRONG CENTER FOR MUSIC AND MEDICINE

(LACMM) is providing staff with several short consecutive, **4-day, 30-minute sessions**, to help monitor our transitions. Music will reduce stress & foster psychological first-aid via private zoom rooms. Any and all staff: first responders, incident commanders, primary and emergency health care providers, ICU staff, clinical teams and administrators may pre-register confidentially for each series.

Email info@musicandmedicine.org to register.

PATHs (Pause, Align, Treat, Heal)

is a trauma-based music psychotherapy model highlighting social, cognitive and neurobiological mechanisms; emotion regulation, anxiety-reduction, pleasure inducing contexts for staff who have experienced direct or vicarious trauma exposure, or who are dealing with symptoms of PTSD. The LACMM has historically directed disaster-response efforts for staff, with support from the Grammy Foundation, including 9-11, Hurricane Sandy and Katrina. Through music and your confidential participation, we will help to foster resilience and engage our staff, including those who are struggling with stress, as we develop new patterns that incorporate strategies for daily wellness.

Weekly Sessions

Mon - Thurs | 12:00 - 12:30 PM