
INTERNATIONAL GRIEF INSTITUTE

RESILIENCE

RX™

MUSIC THERAPY

Self care techniques for the bereaved

The science behind why they work and how to implement them after loss



An iCare Aftercare™ resource
International Grief Institute

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INVESTING IN COMMUNITY RESILIENCY

WHY IT WORKS

Music therapy is an evidence-based treatment that uses music to help improve coping, reduce stress, and assist with self reflection and expression of thoughts and emotions.

Formal music therapy was defined and first used by the U.S. War Department in 1945 to help military service members recovering in Army hospitals.

After silence, that which comes nearest to expressing the inexpressible is music.

ALDOUS HUXLEY

SONGS TO TRY

- Wind Beneath My Wings, by Bette Midler
- Angels, by Robbie Williams
- Something You Get Through, by Willie Nelson
- I'll Be Missing You, by Puff Daddy
- Somewhere Over the Rainbow, by Harold Arlen & Yip Harburg
- Tears in Heaven, by Eric Clapton
- Unforgettable, by Natalie Cole
- Candle in the Wind, by Elton John
- To Where You Are, by Josh Groban
- Keep Me in Your Heart, by Warren Zevon
- Calling All Angels, by Train
- Angel, by Sarah McLachlan
- Knockin' on Heaven's Door, by Bob Dylan
- Bridge Over Troubled Water, by Simon & Garfunkel
- See You Again, by Carrie Underwood
- I Will Always Love you, by Whitney Houston
- Amazing Grace, Christian hymn by John Newton
- Unchained Melody, by The Righteous Brothers
- Yesterday, by The Beatles
- I Will Remember You, by Sarah McLachlan



HOW IT WORKS

- ✓ Helps to release bottled emotions
- ✓ Stimulates the brain
- ✓ Changes the heart rate, lowers blood pressure and breathing
- ✓ Relaxes the body by reducing muscle tension
- ✓ Stimulates toe tapping and/or large body movements
- ✓ Distracts from pain
- ✓ Provides an increased sense of control
- ✓ Decreases anxiety, fatigue and depression

HOW TO ENGAGE

Music is a powerful way to soothe the heart, invoke memories, and honor our loved ones. Regardless of skill or talent, one can engage in music therapy through:

- Listening to music
- Singing
- Playing an instrument
- Composing music