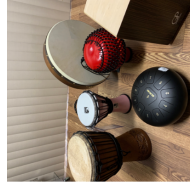


PHD MUSIC, FACULTY OF MUSIC, WILFRID LAURIER UNIVERSITY

OVERVIEW

- Four adolescents-volunteers 10-13-year-old
- Six the Bonny Method of Guided Imagery and Music (BMGIM) group sessions
- Mandala as reflection
- Improvisation as a group-based music-centred activity of the externalization process
- Drumming with the powerful image was a form of musical improvisation.



RESEARCH QUESTIONS

- How do adolescents with anxiety and stress benefit from the BMGIM group intervention and improvisation?
- How does it affect the psychophysiological coherence state?

DATA ANALYSIS

- Mixed method
- Pre- and post-tests are psychophysiological measurements of heart electromagnetic waves using (EmWave2)
- Intervention - adapted for adolescents BMGIM
- Penn State Worry Questionnaire for Children
- Revised Children's Anxiety and Depression Scale

SESSIONS STRUCTURE

- Pre-Talk
- Induction
- Linking Image
- Music Listening
- Mandala
- Improvisation

SESSIONS CONTENT

1. The Field of Life
2. The Life Energy and Resource Value
3. Intuition Is Your Inner GPS
4. A New Path... A New Way of Thinking
5. Talent
6. Gratitude

MANDALAS FOR IMPROVISATION



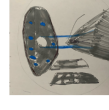
I wanna play V2



Crash



Shark Attack



U.F.O.



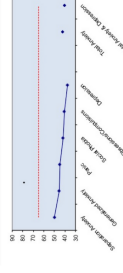
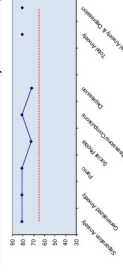
Musical Talent



Space

RESULTS

Revised Children's Anxiety and Depression Scale scores before and after six sessions



- Decreased adolescents' depression (from 72 to 37) and total anxiety levels (from 80 to 42)
- Higher sense of verbal and nonverbal self-expression
- Higher level of self-awareness.

FUTURE DIRECTIONS

Examine alpha and theta brain wave activity during listening to music and improvisation and how it correlates with a meditative alternate state of consciousness.

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