

Music Psychotherapy

A chance to receive 12 free therapeutic consultation sessions for anxiety using music psychotherapy sessions as part of an independent study on anxiety and music for Ph.D. research.

Use of music as a way of alleviating anxiety symptoms has been explored in a recent pilot study by Rebecca Fleetwood at the Creative Arts Therapies Center, NYC, as part of her doctorate studies. The study occurred in September 2009 to December 2009 with positive results. In this small adult sample, participants were provided with music psychotherapy sessions to explore whether anxiety symptoms would be helped. Results showed that ***all participants' anxiety levels decreased*** over the course of the 12 week study. As a way of extending this work the study is begin expanded to a larger population, and with more follow up.



Anxiety Attacks

If you suffer from anxiety, then you know all too well that it can feel COMPLETELY DEBILITATING SYMPTOMS CAN BE

HEART RACING

STOMACH PAINS

feeling dizzy

FEELING OF CHOKING

shaky, unsteady

HOT AND COLD SWEATS

CONSEQUENCES CAN BE:

loss of work, relationships, calling out sick, increased shyness and inability to speak out in public, professional forums, feelings of inadequacy, and depression.

If you are interested in working on your ability to cope, manage, and soothe your anxiety, please email: rebecca@hobokenschoolofmusic.com. Or call 201.798.2600. Space is limited. Contact us today to take part in this opportunity for FREE THERAPY!

*Location:
Hoboken School of Music
720 Monroe Street
Hoboken, NJ*