



**I to r: Barbara Tatum, LPC, Meredith O'Brien, LCSW, Jessica Lupon, LPC**

## Can Music in Therapy Promote Positive Effects? by Barbara Tatum, LPC

Have you ever heard a song at just the right moment? The words and the melody communicated the most accurate sentiment - connecting you to something in your past or a part of yourself? Has an arrangement reminded you of a loved one, a triumph or a trial? Have you ever utilized writing, reading, or music to cope, to calm, to learn, or to celebrate a transition or a challenging moment in your life?

My name is Barbara Tatum, LPC. I am a licensed professional counselor, a singer, and a songwriter. I recognize that music has a way of connecting us to ourselves and to one another. It is also one of the most profound means of self-expression. Not everyone can verbalize their feelings, nor sing, nor write songs. Yet, most can relate to the way that music makes them feel. Therefore, it is my privilege to

integrate music, song-writing, song-analysis, poetry, creative writing, and journaling into my counseling practice. I strive to integrate my creative and clinical experience to support children, adolescents, adults, couples and families in my private practice.

My education about the benefits of music developed during my undergraduate studies at Wheaton College in Norton, Massachusetts. In fact, I pursued a degree in Music at Wheaton and received my BA in the discipline. There, I learned that evidence of music effectiveness for healing dates back to ancient times; and has both physiological and psychological effects. While writing, singing, recording and collaborating as a musician professionally after college, I became an observer of the way in which music moves us.

It intrigues me and is truly what inspired me to later pursue a graduate degree in Professional Counseling.

What I have since learned, researched, and try to teach in my sessions is that music has been shown to have a tremendous impact on the experience of relaxation, stress reduction and reduction in anxiety. It can be used to distract, to calm and to communicate. Music can influence the body's rhythms course and influences heartbeat order. This is important data to consider when seeking new strategies to calm and center one's self during high times of stress as almost all courses and transactions inside our body's structure act under the influence of specific rhythm. This includes breathing, pulsation frequencies, and heartbeat.

New clients frequently ask me for new and concrete strategies they can utilize outside of counseling and in their everyday life to manage symptoms of stress, depression and anxiety. With the integration of music in my therapy practice, I am able to provide these tools.

If you or someone you love has a hard time verbalizing feelings and would like to learn more about how to use music to cope and communicate, please call me.

Please also note that I am running a **Leadership and Empowerment Group for Girls** (ages 13-17) on **Thursdays at 5pm**. (Scheduling for this particular group is subject to change and based on the needs of those enrolled).

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