



Using *Music and Coping* Playlists in Recovery

What is Music Therapy?

- Music therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals.

How Music Therapy Supports Eating Disorder Recovery

- Music therapy utilizes a multi-sensory approach to provide a safe, therapeutic environment and to help individuals use music in their recovery as a coping skill.
- Coping playlist: An individualized playlist in which the individual identifies a specific emotion and develops a list of music that matches that emotion.
- Research shows that using preferred music is intrinsically motivating, reduces anxiety and emotional distress, and provides validation and sense of control.

Listen

- Two short clips of music will be played. While listening to these selections, use the chart below to record your thoughts, feelings, and response to each song.

Title	Observations/Thoughts/Response
<i>Concerto for Violin in G Minor</i> by Antonio Vivaldi	
<i>Maid with the Flaxen Hair</i> by Claude Debussy	

Create

- Create your own calming/relaxing/grounding playlist at home. Take time to sit down and actively listen to music and identify how to music makes you feel.
- Then, find (at most) 10 songs that are grounding and relaxing for you.
- Example:

Song Name	Emotions/Thoughts
<i>Fall in New York</i> by Claudio Van Hoven	The acoustic guitar is very soothing and not overwhelming. I feel grounded, serene, and at peace. It is very simple and enlightening.