

## HOLISTIC STRESS REDUCTION – LISTEN & RELAX

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While not as visible as a physical illness, the effects of stress can be just as harmful. By denying us the ability to experience deep, restful relaxation, stress can inhibit many of our natural healing responses. G & G and the Healing Center both use vibrational sound imbedded in audio programs and music to gradually guide brainwave states to deeper levels of relaxation, where the neural chemicals that help heal stress-related damage are released, and the mind can enter a meditative state. Regular meditation has been shown to lower blood pressure and heart rate, enhance immune system response, promote greater cohesion between brain hemispheres, and sharpen memory. The therapies employed in Chill can even change the way your brain processes stress.

NIFHAS evaluated one of these programs after use in 76 clients from group therapy sessions. Each group began with an explanation of the “package” we come with as human beings: body, mind, emotions, spirit and cravings. Participants were able to “experience” how sound and music, when used as part of therapy awakens the spirit, relaxes the body, quiets the mind, calms the emotions, and tames the cravings. Each group session consisted of a 25 minute audio listening portion.

Stress-related feelings, including anxiety, stress, fear and headaches, were scored prior to and immediately after listening to the audio program. The average change (%) in each score ranged from 56% decrease to 72% decrease. The rates of reduction associated with the audio program are remarkable and were all achieved in a single 25 minute listening session.

On average, clients who were experiencing symptoms experienced the diminishment of that symptom by at least 50%. The most remarkable changes noted were in the level of anxiety and stress. The below table summarizes the percent change by symptom:

	% Improvement
Cravings – Drug/Alcohol	66%
Stress	74%
Depression	56%
Mood Swings	69%
Anxious	66%
Resentful	67%
Anger	70%
Fearful	72%
Body Aches	58%
Headaches	69%

Based on preliminary results obtained and evaluated, we believe that this form of therapy is an excellent adjunct to any holistic recovery program. Audio therapy, and specifically music, has been shown in the literature to potentiate the effects of dopamine. Listening to music elicits a response in centers of the brain associated with the experience of pleasure and the mitigation of stress (see K. Blum, et al. / *Medical Hypotheses* 74 (2010) 5:13-520 coauthored by John Giordano of this paper as well).

The rates of symptom reduction associated with the use of a vibrational sound therapy program are remarkable and were all achieved in a single 25 minute listening session. All clients who participated reported a 50% or greater reduction in symptoms in that single session.

Further investigation regarding further improvement and sustaining achieved results with multiple sessions is ongoing at G & G Holistic Addiction Treatment.

For more info, contact

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