

Full-Length Article

Music Therapy and Mindfulness: Treating Women with Addiction in a Therapeutic CommunityStephanie Miller¹¹*Palm Beach Music Therapy Institute serving Joe DiMaggio Children's Hospital in Hollywood, FL. United States of America***Abstract**

This paper describes a 12-week music therapy group for women residing in a therapeutic community. The group combined music experiences with elements of mindfulness as a means of helping participants learn how to stay focused in the moment as well as gain a deeper understanding of the principles and how to use the traditional AA slogans in the maintenance of their sobriety. Goals and objectives with corresponding music experiences and mindfulness exercises are described. Recommendations for future research are included.

Keywords: *music therapy, mindfulness, substance use, recovery*

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Introduction

Men and women often receive treatment for addictions in a mixed gender setting. While this can be effective, there are specific issues for women in addiction that support their need for gender-based treatment. Typical areas that might not be met in a mixed gender environment include safety, emotional exploration and support, and empowerment.¹ Additionally, women in recovery often have a history of trauma, which may have led to their substance use, or have had the potential to trigger a relapse.¹ While there is a limited body of research that supports the use of music therapy in addictions recovery,² the research focusing on gender-specific treatment is extremely limited.³ The published research suggests that music therapy interventions may help those in treatment explore their emotions,⁴ decrease negative affect,⁵ decrease stress and anxiety,⁶ and improve mood.⁴ Meeting these goals through the use of music therapy will allow client's to take control of their lives while, at the same time, facilitate the development of a supportive network among group members.⁶

Mindfulness, the basic ability to be fully present and aware without judgement, also has been incorporated into addictions treatment.⁷ Principles of mindfulness compliment

one of the main tenets of AA philosophy—"one day at a time" which is often reworded as "one minute at a time." Mindfulness is used to address many of the same issues as music therapy, namely stress, anxiety and mood by brining awareness to the breath and focusing on the present moment. Music can be used in addition as a therapeutic tool to bring clients into the moment, and bring further awareness and attention to the mindfulness experience.

The purpose of this clinical project was to explore the effects of a music therapy protocol that incorporated elements of mindfulness on women residing in a therapeutic community as there is congruence between the principles of music therapy and mindfulness.

Review of Literature

Addictive behaviors, which are persistent, repetitive, and self-destructive, can interfere with living a healthy life.⁸ These behaviors can affect the family, workplace, and community, and can lead to unemployment, homelessness, and crime as the focus from family and work obligations turn towards satisfying cravings and recovering from the ingestion of substances. Effects of prolonged misuse of substances include major depression, and generalized anxiety disorder⁹ can lead to a loss of interest in social activities and other areas of life—where those at risk, seem to care only about their cravings for, comfort with, drugs-and many in turn, suffer from using and abusing.¹⁰ Moreover, those with substance abuse disorder die on average 22.5 years earlier than those without a substance use diagnosis.¹¹ Additionally arrests, convictions, and incarceration, and probation or parole status are common.¹¹

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Stephanie Miller MT-BC | E-mail: snicolemiller@yahoo.com | COI statement: The author declared that no financial support was given for the writing of this article. The author has no conflict of interest to declare.

Emotional dysregulation and experiential avoidance⁴ are often the result of prolonged substance use. Experiential avoidance occurs when individuals are reluctant to experience emotions, thoughts, images, or memories.⁴ People also tend to use drugs as an attempt to reduce the intensity of negative feelings and/or to escape and avoid these feelings.¹²

Music therapy allows for the strengthening of interpersonal bonds and the ability to communicate and connect with others.¹³ Clients can be validated through music experiences and can be given the chance to feel in control, making choices, and having opportunities to tell their stories. Music therapy can also provide clients with a means to connect with their inner selves and to let go of the old ideas of the addicted self, providing greater awareness and strength.¹⁴ As clients move towards recovery, music therapy can provide for deeper work that is necessary for self-discovery, self-understanding, and growth along spiritual lines.¹³

Mindfulness and Music

Mindfulness is defined as paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.¹⁵ So often in life, individuals risk falling into a static or seemingly robotic way of seeing, thinking, and doing. Often, especially in addiction, people are preoccupied with the past or the future. This leads to feelings of guilt, shame, and anxiety.¹ During these moments, there is often an inner tension within each person that he or she is unaware of that affects thoughts and actions. These reactions can include ‘numbing out’ with drugs or alcohol, blaming oneself or others, and/or trying to manage and control other people.¹⁶ Mindfulness can help those in recovery to focus on the present, rather than concentrating on what might happen next and/or the “next fix”.⁷ In this way it allows for acknowledging, feeling, and accepting discomfort as it arises, and enhances one to be with the experience, rather than trying to run away from it.⁷

Mindfulness practices can provide a means of coping with urges and cravings, rather than being consumed with them and giving in.⁷ These practices allow an individual to see the “big picture”, instead of giving in to one’s usual conditioned, habitual behavior. When one is faced with a trigger that leads to a craving, there can be opportunities to make mindful choices, decreasing the likelihood of relapse.⁷ Mindful practices help individuals to see more clearly, and can assist their coming to understand more deeply, those areas within their lives that were out of touch or that they were unwilling to look at.

Mindfulness is also congruent with the therapeutic community philosophy. The therapeutic community teaches being in the personal present, the here and now, and mindfulness involves being aware and in the present moment.¹⁷ Results in 2 studies have shown that mindfulness treatment in a therapeutic community demonstrated 1)

positive changes in self-reported coping styles and psychological symptoms,¹⁸ and 2) statistically significant decreased in awakening salivary cortisol in a pre-post design trial.¹⁷

Gender Specific Treatment and Music Therapy

Research suggests that a gender specific treatment approach centered towards women may be most effective in treating substance use disorders.¹³ Women experience unique problems related to addiction including low self-esteem, problems in relationships with family members and significant others, interpersonal violence and trauma, eating disorders, child care and custody problems, grief related to loss, isolation, and gender discrimination and harassment.¹ Using substances often conflicts with society’s view on femininity and the role of women as wife and mother, often causing women to internalize this stigma and feel guilt, shame, despair, and fear.¹ Women also often have a diminished sense of self because they have neglected their true selves in favor of other people and lean toward seeking their drug of choice. Also, notably, women will use drugs in order to make or keep connections, particularly in relation to male partners. Male partners often introduce women to drugs or alcohol, supply for the women, are abusive, and can be lacking of support to their partners as they enter treatment.¹

Women who experience trauma, often use substances as coping mechanism to avoid feelings related to their trauma.¹ Studies show that 74% of addicted women reported sexual abuse, 52% reported physical abuse, and 72% reported emotional abuse.¹ This data compares to women who were not addicts where 50% reported sexual abuse, 34% reported physical abuse, and 44% reported emotional abuse. Therefore, it is important to learn a women’s trauma history in order to provide a safe and affirming environment while they are in treatment.¹³

Gardstrom et al¹³ were among the first to outline the needs of women in substance abuse treatment with music experiences they found to be successful. These interventions included music rituals, therapeutic singing, song communication, drumming, improvisation, song discussion, composition, music and imagery, and music and movement. These interventions provided a safe space for clients to express difficult feelings. Additionally, they allowed for a sense of belonging and community, which is paramount to the healing process in addiction.

Rationale for Clinical Project

The impetus for this project grew out of practicum experience working with women in addictions treatment. In reflecting on the women’s participation, the clinician noted that many of the music experiences brought up past failures that elicited their experiencing of a range of emotions as well as increased

concern with the future. This focus on the past and the future, seemed to create a sense of “stuckness.” This led to the question—would combining music therapy with mindfulness help women in recovery learn to be ‘in the moment’ and help them to develop healthy coping skills?

Healing through meditative and altered states with music has been used for centuries.²⁰ It has been effective throughout varying cultures for aligning the mind and the body.¹⁹ The aesthetic quality of music has the ability to create a rarified, altered state of consciousness, whether meditative, trance-like, or prayerful.²⁰ Certain types of music have been shown to create a specific effect in the listener, and have demonstrated positive effects on relaxation, mental clarity, and vigor, as well as several health-enhancing physiological changes.²⁰ The healing power of music has also been seen in shamanic rituals, where there is a driving rhythmic field that functions to facilitate the loosening of one’s present state of consciousness, alternating between these states, ultimately leading to healing.²⁰ Music listening can be used to promote self-healing, develop greater self-awareness, and reach clients who struggle to communicate verbally.²⁰

Kabat-Zinn²² suggests noticing the sounds and silences in music as means of mindful music listening: “You can practice this with music, too, hearing each note as it comes and the spaces between notes.²² Try breathing the sounds into your body and letting them flow out again on the outbreath.”^{22(pg.73)} Based on the previous principles, mindful music listening may be considered as an effective way to combine the two techniques as a clinically meaningful therapeutic intervention. While each can stand on their own, the purpose of this clinical project is to learn if mindful music listening is an effective therapeutic intervention for women in addictions treatment.

Setting and Participants

This project took place in a non-profit therapeutic community program which provided residential treatment for women 18 and older who were in recovery from addiction. Therapeutic Communities (TC) started in the 1960’s as a self-help alternative to existing treatments for addiction.²³ Treatment stages reflect increased levels of personal and social responsibility, with the community being the key agent for change.²⁴ The TC is a treatment environment that emphasizes clients’ responsibility for the behavior and change process for themselves, their peers, and the emotional and physical safety and comfort of the treatment environment.²⁵ The treatment community can hold up to 12 residents at a time, plus children as space allows.

Women admitted to the program underwent an assessment process by the intake counselor. Admission criteria for this program included: 1) an acknowledgement by each patient of her addiction to drugs and/or alcohol, 2)

medical clearance, (medical detoxification if needed must be completed prior to admission), 3) a clear drug screen, 4) a cognitive functioning level that would allow for participation in the program, and 5) the ability to move independently. Clients with mental illness or eating disorders may need to submit a psychiatric evaluation to ensure that treatment can address their mental health and addiction issues. Clients who were homicidal, suicidal, or in any other way a threat to themselves or others were not eligible for the treatment program.

Participants

The music therapy group consisted of women who resided in the therapeutic community. All women were required to be present at group unless a prior commitment such as a court appearance, doctor’s appointment, or tasks related to their treatment program were required. The music therapy group met once a week for one hour over a 13-week period. This was an open group format, with anywhere from 3 to 7 clients at a time, who were in varying stages of their treatment. Over the course of the project, 15 women ranging from the ages of 18 to the mid 60’s participated.

Methods & Materials

Both active and receptive music experiences were included in the program design. Music therapy interventions included mindfulness and music practice, active music making, and song discussion as seen in Table 1. The mindfulness and music practice involved the use of recorded music, and focused on the primary recovery principles as they relate to the 12-steps and slogans of AA. Active music making was designed to incorporate the concepts of mindfulness as well. Song discussion also focused on the 12-steps and slogans as well as the relation of the steps and slogans to their addiction.

Although there was no formal assessment specifically for music therapy, the lead therapist at the therapeutic community conveyed relevant information from the facility assessment and client charts to the music therapy clinician for each person who would be participating in music therapy group. In addition to this information, the music therapy clinician conducted a 12-step and AA slogan assessment (see Appendix A & B) for each client entering the music therapy group. These assessment tools were administered at the beginning of the music therapy group, and again at the end of the music therapy group. An informal assessment was employed using behaviors, statements, and other information observed in music therapy groups to re-evaluate clients on an ongoing basis in each meeting concerning their presenting problems and needs.

Table 1: Goals, Objectives, Music and Materials

Session #	Number of Participants	Music & Materials	Music Therapy Method
1	5	Laguna Indigo from Liquid Mind CD	Introduction/Assessment
2	3	Emerge from Music Within CD	Introduction/Assessment
3	5	Sound of Invisible Waters and Vollmand Im Herbst from Koyasan: Reiki Sound Healing CD	Music and Mindfulness
4	6	Balance, Laguna Indigo Part 1,2, and 3 from Liquid Mind III CD	Music and Mindfulness
5	6	Just For Today by India Arie Plateaux of Mirror, First Light, and Arc of Doves from Ambient Plateaux of Mirror CD	Song Discussion Music and Mindfulness
6	6	To Be Simple by Susan Herrick LUX 3 from LUX CD by Brian Eno	Song Discussion Music and Mindfulness
7	4	Haven't Got Time For The Pain by Carly Simon I Am Willing from Relax CD and Laguna Indigo, Pt. 2 from Liquid Mind CD	Song Discussion Music and Mindfulness
8	4	Let It Be by The Beatles Mending Your Own Mind and Quietly Floating Home from Healing Sanctuary CD by Dean Evenson	Song Discussion Music and Mindfulness
9	5	The A Team by Ed Sherran Emerge from Music Within	Song Discussion Music and Mindfulness
10	5	Still Standing by Monica Ione from Deep Listening CD by Pauline Oliveros, Stuart Dempster, and Panalotis	Song Discussion Music and Mindfulness
11	5	Wasted Time by The Eagles	Song Discussion
12	3	One Voice by The Wailin' Jennys Laguna Indigo Pt. 2 and 3 from Liquid Mind III CD	Song Discussion Music and Mindfulness
13	6	Song Mash Up from Previous Sessions	Song Mash Up/Song Discussion Follow Up Assessments Closure

The music therapy clinician completed informal post session notes specific to music therapy after each group meeting. These notes were used for the purposes of professional growth, planning of future sessions, and for use in supervision. The structure of these notes was group narrative for the purpose of capturing group process throughout this project. These notes taken by the music therapy clinician were not included in the overall group notes for clients at the treatment center.

Implementation

Goals for Music Therapy

Based on the needs of the population, and the purposes of the music therapy program, along with the assessment information, a number of goals were established and addressed during the music therapy sessions and included 1) identification of stressors' 2) development of stress management skills; 3) increased self-awareness 4) increased emotional exploration and expression; 5) demonstrate a

functional knowledge and vocabulary of steps 1-3 and common slogans of the 12-step recovery process; 6) identification of personal qualities that contribute to the recovery process; 7) identification of the physical, emotional, mental, and spiritual impact that addiction had on the abuser.

Music Therapy Interventions

Music therapy interventions were designed to address these goals in a safe, supportive, and success-oriented way.

Music therapy interventions:

1. Active Music Making: Used for clients to explore and express emotions, and to experience the concepts of mindfulness such as active attention in the present moment. Various handheld percussive instruments were used including djembes, egg shakers, tambourines, and hand drums were placed in the center of the circle. Clients were invited to choose an instrument that appealed to them. Once all participants had selected an instrument they were instructed to explore their

instruments individually, noticing feelings and sounds. Clients were then given a grounding beat and instructed to join in as they felt ready, and to pay close attention to the sounds of the group, and any accompanying thoughts and feelings, being in the moment related to mindfulness. This intervention also encourages clients to have fun without the use of drugs.

2. Song Discussion: Discussion of words and/or phrases from designated songs that clients can relate to their personal recovery or that elicited a reaction for clients. Songs were chosen that included recovery concepts, particularly as they could relate to steps 1-3 and/or the slogans of AA. Client preferred music was brought in upon request with the understanding that the songs must relate to addiction and the clients personal recovery. Songs that clients chose included “Still Standing” by Monica related to the AA Slogan *Let Go and Let God*, and “Wasted Time” by The Eagles related to the AA Slogan *This Too Shall Pass*. All other songs were chosen by the music therapist such as “To Be Simple” by Susan Herrick related to the AA Slogan *Keep It Simple*, “Just For Today” by India Arie related to the AA Slogan *One Day At A Time*, “One Voice” by the Wailin Jenny’s related to the AA Concept of Support/Community. A list of songs used in each session can be found in Table 1
3. Mindfulness and Music: Guided mindfulness practice focusing on steps 1-3 and the slogans of AA was combined with music as a therapeutic intervention. Music used in mindfulness exercises may be trance-like or have a soothing combination of harmonic tones that helps to increase and elongate the listener’s awareness of

the present moment as well as including instruments that can be grounding with lower tones. Additionally, the music was selected had a stable pulse, limited shifts in dynamics and primarily step-wise melodic movement. Music that had the potential to be evocative, stimulate imagery or bring up emotional content was not used. The music was chosen from the traditional meditation music genre, relaxation music, as well as some classical music. Selections of music included Laguna Indigo parts 1,2, and 3 from Liquid Mind, Emerge from Music From Within by John Eidsvoog, Mending Your Own Mind and Quietly Floating Home from Healing Sanctuary by Dean Evenson. The musical selections were chosen by the music therapist, and were between ten and twenty minutes in length. Table 1 has a list of all the music used in each session.

Results

Client responses were captured for a total of 13 sessions. Participants completed a pre/post assessment of their knowledge of the 12-Steps and Slogans of AA at the beginning of the clinical project in week 1, and again at the end in week 13. Each woman in the group was able to contribute as much or as little as desired after each session. At the beginning of treatment, women indicated that they were most familiar with the early stages of the 12 Steps, with the majority of responses indicating Step 1 or 2. The AA Slogan Assessment generally showed clients being very personally familiar with the following slogans: “Easy Does It”, “One Day at a Time”. The following responses were given to sessions:

Table 2: Session Themes, AA Content, Music Experience & Participant Comments

Session #	Theme/Therapeutic Area	AA Content	Music Experience	Participant Comments
1	Introductions/Safety	12 Steps	Mindfulness and Music	<ul style="list-style-type: none"> • Understanding of Mindfulness, but not how to do it • Hard because we couldn’t numb out • Saw various family members. • Feeling happy, safe, and sad. • Difficulty but able to be in the moment
2	Being In The Moment/Coping	AA Slogans	Mindfulness and Music Active Music Making	<ul style="list-style-type: none"> • Difficulty being in the moment • Focusing on breathing and music helped keep us in the moment • Overall relaxation
3	Being In The Moment/Coping	Step 1	Mindfulness and Music	<ul style="list-style-type: none"> • Easier to be in the moment than previous sessions • Feeling relaxed and present
4	Coping/Increasing Self Awareness Being Mindful	Step 2	Mindfulness and Music	<ul style="list-style-type: none"> • Discussed past trauma related to addiction • Feelings of fear for uncertainty of future
5	Coping/Increasing Self Awareness Being Mindful	One Day At A Time	Song Discussion Mindfulness and Music	

6	Coping/Increasing Self Awareness Being Mindful	Keep It Simple	Song Discussion Mindfulness and Music	<ul style="list-style-type: none"> • Themes of stability, family, no drugs use, and no lying present • Guided speech and music helped us be in the moment • Found it more enjoyable than previous sessions
7	Coping/Increasing Self Awareness Being Mindful	Let Go and Let God	Song Discussion Mindfulness and Music	<ul style="list-style-type: none"> • Unable to let go of things • Frustration • Difficulty being in the moment and letting go of previous situations from treatment
8	Coping/Increasing Self Awareness Being Mindful	This Too Shall Pass	Song Discussion Mindfulness and Music	<ul style="list-style-type: none"> • Awareness of needing to be in the moment • Feeling like a rollercoaster during the mindfulness experience • Non-judgement discussed
9	Coping/Increasing Self Awareness Being Mindful	Sobriety is a Journey... Not a Destination	Song Discussion Psychoeducation Mindfulness and Music	<ul style="list-style-type: none"> • Visceral response related to song discussion • Feelings of being proud, scared, positive, and anxious
10	Coping/Increasing Self Awareness Being Mindful	Let Go and Let God	Song Discussion Psychoeducation Mindfulness and Music	<ul style="list-style-type: none"> • Connection to higher power • Challenges in getting lost in thoughts, but being able to observe thoughts and reactions to them
11	Coping/Increasing Self Awareness Being Mindful	This Too Shall Pass	Song Discussion Psychoeducation	<ul style="list-style-type: none"> • Themes of community and support • Discussion of relationships that may have led to addiction
12	Coping/Increasing Self Awareness Being Mindful	Support/ Community	Song Discussion Mindfulness and Music	<ul style="list-style-type: none"> • Discussed positive support systems • Feeling relaxed, enlightened, and both positive/negative
13	Assessment/Closure	12 Steps AA Slogans	Song Mash Up	<ul style="list-style-type: none"> • Learned to cope with the relapse cycle • Learned how to be mindful • Learned how to get self-centered • Learned tools to not relapse

The 12-step assessment at week 13 showed the majority of clients being at steps: 3 and 4. The AA slogan assessment at week 13 generally showed clients being very personally familiar with the following slogans: “Easy Does It”, “One Day at a Time”, “Let Go and Let God”, “This Too Shall Pass”, “Sobriety is a Journey... Not a Destination”, “I Came, I Came to, I Came to Believe (steps 1,2,3), and “I Can’t... He Can... I Think I’ll Let Him” (steps 1,2,3); and, and, moderately personally familiar with “KISS”, “To Thine Own Self be True”.

Conclusion and Recommendations

Overall, this project provided clients in a residential addiction treatment facility the opportunity to understand and work towards recovery from a holistic perspective. The goal of this project was to help clients in recovery become more familiar with, and to develop a deeper relationship with, the 12-steps and slogans of AA. This goal was addressed solely through the lens of music therapy and mindfulness. The 12-step assessment and AA slogan assessments were administered at the beginning of treatment for each new client as well as in the last session for all clients present. Overall, the assessment suggested that clients were more familiar with the AA slogans

at the end of the music therapy group and showed an overall growth in where the clients were at with their personal relationship to the 12-steps. However, due to the nature of the treatment facility, and the fact that this group was open to clients entering and leaving throughout the treatment process, it is believed that these assessments would show better data and be more conclusive if done with a closed group from beginning to end of treatment.

The assessment data, and client responses support the combined use of music therapy and mindfulness in addiction treatment. It is important though, to note that many of the women shared traumatic experiences within the context of the music therapy sessions. It is impossible to state with certainty that there is a correlation between the session format and the women’s willingness to share their stories on such a deep and personal level. What is evident though, is that the women who participated benefitted, and that further research is needed to determine if there is a correlation between gender-specific treatment, music therapy and mindfulness and willingness to work through traumatic memories that are triggered. This was a clinical project, the results of which lead to questions for further research. Did the gender-specific treatment environment allow for the safe space to discuss and process trauma? Did the music allow for the expression of emotional

and traumatic content? Would the same content have come up in a mixed-gender treatment setting given the same music and treatment approaches? Additionally, further research is needed to identify the underlying neurobiological and psychological factors that may mediate change and motivation to maintain a sober lifestyle.

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Biographical Statements

Stephanie Miller is a board certified music therapist having earned her masters of science in music therapy from Radford University in VA. She has experience working with several populations including those in recovery, mental health settings, hospice and the geriatric population, currently working in the pediatric medical field.

Appendix A: 12-Step Assessment

Client's Name: _____

Please identify what step you fell are at in your personal recovery

The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Appendix B: Slogan Assessment

Client's Name: _____

Please identify how personally familiar you are with these AA slogans on a scale of 1-10. 1 = I have no idea what this means related to my recovery from addiction, 10 = I live this slogan every day.

Easy Does It

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6-----7 ----- 8 ----- 9 -----
10

One Day at a Time

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6-----7 ----- 8 ----- 9 -----
10

Let Go and Let God

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6-----7 ----- 8 ----- 9 -----
10

KISS – KeeP It Simple Sweetheart/Stupid

(I do not use stupid due to it being derogatory)

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6-----7 ----- 8 ----- 9 -----
10

This Too Shall Pass

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6-----7 ----- 8 ----- 9 -----
10

Sobriety is a Journey...Not a Destination

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6-----7 ----- 8 ----- 9 -----
10

To Thine Own Self Be True

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6-----7 ----- 8 ----- 9 -----
10

I Came, I Came to, I Came to Believe (steps 1, 2, 3)

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6-----7 ----- 8 ----- 9 -----
10

I Can't...He Can...I Think I'll Let Him (steps 1, 2, 3)

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6-----7 ----- 8 ----- 9 -----
10