

Application of Music Therapy During the COVID-19

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Abstract. The sudden attack of the new crown pneumonia epidemic, the rapid spread of the virus, has caused a severe impact on the psychology of medical staff, patients and ordinary people. In order to reduce the negative impact of the epidemic on the people's psychology, China has begun to provide professional music mental health services for different groups of people to reduce the psychological harm caused by the epidemic. Chinese music therapists actively participated in epidemic prevention operations and launched a number of "fighting the epidemic-psychological assistance for music therapy" programs. According to people's emotional and psychological adjustment needs during the epidemic, the project carried out music psychological public welfare activities for various key groups. Activities include music listening, music relaxation, music imagination, music painting, song discussion, song lyrics, body rhythm, etc., from listening and experiencing music to participating music interaction and other rich group music psychological activities. Through music experience and interaction, the activity relieves negative emotions such as anxiety and depression, increases positive and pleasant emotions, promotes communication and interaction among participants, reduces loneliness caused by isolation, and promotes family harmony.

Keywords: music therapy, COVID-19, emotional and psychological adjustment

1. Introduction

Modern music therapy is a cross-discipline that combines music, psychology, neuroscience, medicine, rehabilitation medicine, and aesthetics. It has unique advantages in the intervention and treatment of physical and mental diseases. Music therapists use various musical experiences and therapeutic relationships established in music to affect people's emotional and psychological neural and psychological mechanisms, help people deal with emotional and psychological problems, and improve their mind and body. In recent years, music therapy has received more and more attention and recognition from the international psychology and medical circles. In 2017, the National Institutes of Health (NIH) included music therapy into the research project of the Brain Project.

The essence of music therapy emphasizes the following points: 1. Therapeutic relationship: it is not a teacher-student relationship (music education), nor a relationship of entertainment or being entertained (music performance). 2. Treatment methods: Music intervention after clinical and research evidence. 3. The purpose of treatment: to achieve personalized therapeutic goals.

In short: 1. Determine the target to be treated. 2. Evaluate. 3. Decide on the treatment goal. 4. Design the treatment plan and intervention. 5. Do the treatment and record the progress. 6. Evaluation. 7. Repeat (5 and 6). 8. The treatment goal is reached or not reached. 9. Assess whether there is a need to continue treatment. 10. Decide what to do according to 9.

Music therapy is that anyone can be served. It can be the handicapped, autistic, anxious, maternal, mentally ill, anorexia, bulimia, or even normal people who feel that they have some problems, and so on. Music therapy is to understand one of their problems and strive to solve or alleviate them. Music therapists are also full of creativity and imagination, and have achieved success in many fields. Music therapists can be seen everywhere in hospitals, schools, nursing homes, prisons, mental hospitals, healing institutions, and community centers. Therefore, AMTA has published a scope of practice document to regulate the industry's operating standards. This document also encourages the therapists to start from scientific thinking and scientific methods, try their best to explore the potential of music therapy, and not to restrict the field of practice.

2. Methods

2.1. Commonly Used Methods of Contemporary Chinese Music Therapy

Music resonance relaxation method: It can be achieved in two ways, one is to relax people through somatosensory vibration equipment, and the other is resonance rest and relaxation, which is active. When there is no somatosensory vibration equipment, light listening to music can also be used in this way. Relax yourself. When people are sitting in meditation, the sound of music induces people to enter a state of relaxation and quietness, which can be practiced at home.

Musical meridian conditioning method: The music conditioning equipment follows the distribution of meridians to follow the meridian, so that the meridians can feel the music sound wave vibration more strongly, which can dredge the meridians, adjust the blood and adjust the five internal organs;

Accompanying therapy: The therapist and the subject can sing together online, discuss songs, or write lyrics and other professional music therapy techniques, helping people to better concentrate on the current music experience, get out of the nervous epidemic mood, and enjoy music with the company and support of a music therapist.

Care and sympathy therapy: In the process of therapy, music therapists will first understand the people's true feelings and needs. Some people want to relax, some people want someone to listen to him, and some people want their anxiety to be relieved. After clarifying the current goals, the therapist understands the subject's usual relationship with music and the needs of the current music, and then chooses the appropriate way of music experience, such as song discussion, impromptu singing or performance, progressive muscle relaxation, song singing and other professional music Treatment techniques help them focus on their current needs and find their own positive resources to solve their needs. Before the end of the treatment, the music therapist will also help the people consolidate the effect of music on them, and together choose the way of music care that can be generalized to life, so that the people can also use music to help without a therapist to yourself.

2.2. Chinese Characteristic Music Therapy During the New Crown Epidemic

In response to the severity of the epidemic, China has specifically designed a music therapy method that can be remotely intervened through the Internet, mainly using earworms, active resource enhancement, music relaxation, safe islands and big trees and other technologies to provide psychological interventions for consultation visitors, To solve the obstacles of face-to-face consultation technology brought by the epidemic. Among them, the earworm technology has achieved great success in this epidemic. A total of 150 volunteer music therapists have used this technology, and it has achieved rapid and effective effects on the tension, fear, and depression of the consultants during the epidemic. The significant change effect. In the music psychological intervention of this epidemic, the online consultation time is generally about 120 minutes. After training, volunteers with corresponding qualifications will help visitors stabilize and relieve tension and anxiety through music therapy, find their own internal positive resources, and inspire courage and strength to face difficulties. When consulting clients with suicidal tendencies, volunteers will quickly refer high-risk clients to professional organizations for crisis intervention after assessing their suicide risk.

2.3. Specific Implementation

In the face of the current epidemic, the people not only endure physical pain and limits, but also the psychological trauma of seeing their compatriots fall. At this time, through the collection and evaluation of their information, in accordance with the current real needs, choose the most suitable music and music experience method, provide support, and regulate emotions to achieve a relatively balanced and stable state. Health is a multi-dimensional concept, which includes many aspects such as physiology, emotions, and social interactions. Usually music therapy requires the therapist to conduct face-to-face treatment with the target, and it can take the form of individuals or groups. However, given that the epidemic is special and highly contagious, most of us choose the online format for appropriate experience. After assessing the need for individual intervention, we will give further in-depth support. The specific implementation plan is as follows:

Take a mental health research center in Beijing as an example. Since the beginning of the new crown virus epidemic, the team has organized and released volunteer recruitment information. Among the 325 volunteers who signed up, the Human Resources Department selected them based on their training background and professional qualifications. 80 volunteer therapists formed an online psychological counseling team. Immediately, began to carry out professional and systematic training and supervision of music therapy psychological crisis intervention courses for all volunteers. A total of 10 training sessions have been organized, with a training duration of 50 hours and a total number of 300 people. At the same time, in order to further ensure the quality of professional services, the training department arranged 30 spot checks and questions for the therapist volunteers. The total length of spot checks and questions exceeds 60 hours. A total of 150 people.

3. Result

Within one month, the number of consultations on Tencent's WeChat account reached about 650. The number of people who successfully consulted and completed the return interview accounted for 40%, received the consultation but did not complete the return visit accounted for 25%, the number of people with incorrect information accounted for 18%, the number of referrals accounted for 10%, and the number of people who did not meet the consulting standards accounted for 7%.

Among those seeking help, those in the age range of 21 to 50 are the largest, accounting for 80% of the total, and female visitors account for 75% of the total. In terms of categories of visitors, visitors from the government or public institutions accounted for the largest number of visitors, accounting for 30% of the total.

Among the appeals of visitors, the number of visitors who consulted for emotional problems accounted for the largest number, accounting for 36% of the total number; other visitors had trouble with trivial life, insomnia and other reasons for seeking help. The commonality of these chief complaints is the general anxiety and panic about the epidemic. There are also feelings of upset and anxiety caused by long-term home isolation, or fatigue in front-line work, and physical pain or insomnia caused by stress.

Among the 640 people who received the consultation, 340 copies of the effective response volume were recovered. In the questionnaire, the options for conducting a satisfaction survey on visitors are divided into four categories: very satisfied, very satisfied, generally satisfied, and dissatisfied. The results showed that very satisfied visitors accounted for 59% of the total number of visitors; very satisfied visitors accounted for 32% of the total number of visitor generally, satisfied visitors accounted for 8% of the total number of visitors, and unsatisfied visitors accounted for 1%.

After completing the consultation, 53% of the total number of visitors showed a significant improvement in their mentality; 32% of the total number of visitors who improved; 14% of the total number of visitors who improved a little; and the total number of visitors who did not improve 1%.

4. Discussion

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