

**SoundMindsUSA**  
Improving Minds with Music  
Maryland Conservatory of Music, Inc. EIN: 52-234-3016

**SoundMindsUSA** is a division of Maryland Conservatory of Music (MCM), a 501-c-3 non-profit organization. The mission of *SoundMindsUSA* is to promote human health and well-being for all people who suffer from PTSD (Post Traumatic Stress Disorder), depression, schizophrenia, apathy, sleeping disorder, tinnitus, and addiction.

With some cognitive impairments (notably PTSD), there is a physiological change in the brain. The amygdala (fear/emotions) and hippocampus (event memory) become desynchronized yielding confusion, depression, despair. This results in certain traumatic events not being fully processed (i.e. combat, rape, TBI, severe physical injury, severe psychological injury). Dr. Oliver Sachs states “*Nothing activates the brain so extensively as music*”. The dynamics at work between sound-music stimuli, and the brain’s inherent plasticity/adaptability, is of primary significance. *SoundMindsUSA* has developed two treatment modules since 2008 through work with veterans, active military, abused spouses, addicts, rape victims, severe physical-injury victims, and severe mental-injury victims. The two modules come from a multidisciplinary context with input from patients, neurologists, psychologists, composers, musicologists, performers, psychiatrists, internists, therapists, counselors, veterans, and others with sincere interest in this mission.

MODULE ONE: ***Music for the Inner Self*** (MFIS): This is a live presentation where a musician/therapist leads a session with music that is chosen/created to reach an individual’s inner world of thought including emotions, empathies, and memories. Participants are able to share their thoughts verbally and or in writing during and after the session and this interaction is a key component in the sessions. The music is in two categories: 1) original music never heard before by the patient, and thereby without direct associative memory, and 2) music that is familiar, (i.e. Amazing Grace, Stairway to Heaven, etc.), thereby having direct associations to their memory/their past (left hemisphere hippocampus).

MODULE TWO: ***Music Listening Therapy*** (MLT): Soundtracks have been created to engage neuro-plasticity (electrical flow in the brain cells enabling positive adaptations) and therefore improve communication between different parts of the brain. The soundtracks are to be listened to through quality headphones with sleep shades (or with eyes shut). The primary techniques on these soundtracks include: oscillating frequencies (low frequencies in the range of 60 to 160 Hz are particularly important); panning back and forth between the right and left ear (EMDR effect); a variety of timbres, rhythms, modes (juxtaposed and superimposed); multiple and varying volumes; and music that ranges from being simple monody to compound multi-voiced textures.

**Note:** The two treatment modules of *SoundMindsUSA* compliment each other, but are not dependent upon each other. Studies are underway to determine optimal frequencies and durations of the sessions. *Music for the Inner Self* is offered for veterans at VA Hospitals and for the general public at various community locations. Contact Maryland Conservatory of Music - [info@musicismagic.com](mailto:info@musicismagic.com) - to register for an upcoming session.

For More Information, contact

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# MUSIC FOR THE INNER SELF

To Enhance Mental Clarity, Awareness, and Discovery



Presented by  
Dr. Duke Thompson, Director  
Maryland Conservatory of Music

These 90 minute sessions are intended for those who have experienced trauma that have not yet been fully processed in the mind. For those with PTS (Post Traumatic Stress), depression, apathy, or sleep disorder, this program aims to engage both the subconscious and conscious mind through deeply penetrative music. Participants share verbally (if they desire) what the music engages in their minds. The music is both familiar (for memory associations) and unfamiliar (for non-associative responses) and includes The Blues, Americana, Originals, Classic Rock, and Classical.

We try to limit the number of participants to 25 for each session.

Call 443-243-7265 to book a session at your location.

Presenting music to engage the two hemisphere of the human brain and restore an individual's connection with their emotions and reduce/remove the impairments in the brain caused by cognitive, emotional trauma.