

This Document consists of comments/responses from veterans who have attended session(s) of Music for the Inner Self.

<p>Music for the Inner Self is a program offered to veterans suffering from PTSD (D) and TBI through Sound Minds USA, Division of Maryland Conservatory of Music. Duke Thompson, Director musicmagic.com 443-243-7265</p>	<p>Note #1). This spreadsheet shows comments received since January 1, 2019 from the sessions of "Music for the Inner Self" at Perry Point Veterans Hospital in Perryville, Maryland - no comments are guided, added, edited, or deleted - obvious misspellings/grammars are corrected, however. Hard copy originals are available. Inputs that are unsure are followed by "(?)" or "%\$#%". Note #2). All hard copy surveys are on file with Sound Minds USA, a Division of Maryland Conservatory of Music, and can be accessed by calling Dr. Duke Thompson @ 443-243-7265. The identity of each participant is optional on the surveys and if identities are given, they can be found on the hardcopies. ***** Question #1: How do you think this program might help with PTSD/Depression, etc.? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #3). Comments in each row are from the same individual for each weekly session, identified by date. Note #4). Some comments may seem similar from week to week as they may be from the same individual as a number of vets come to this program repeatedly. Note #5). A few of the comments are hard to understand as the handwriting/grammar was inconclusive. (All hard copies are available) ***** Questions #2: What did you feel were strong aspects of the program? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #6). "na" means No Answer was given. Note #7). There are five color-coded themes for the responses, although some of the comments could fit into more than one theme. The comments in black type are very relevant - just not necessarily a part of one of the identified theme. ***** Questions #3: Can you suggest any changes that might make this program more effective? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #8). The number of surveys received each session are almost always less than the actual attendance because: a) Individuals did not fill them out, b) Individuals had to leave the session before it ended. Note #9). The last column "VIP" with Aaron... are the rows that are determined to be of a certain significance. ***** Question #4: Additional Comments. Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>File #</p>	<p>VIP</p>
Date						
12/17/19	It's an exercise in mindfulness, a major way to escape and change.	The ability for us to do something they normally wouldn't be able to do.	More word out to vets in programs and let schedules to reflect so there is no conflict -	Thank you to the volunteers. Outstanding	191217j	
12/17/19	It will help with the mindful breathing exercise. It makes you feel good inside your mind.	The singing, piano harmony calming way of music.	Have more concerts with singing also to have veterans participate with it more.	It made me feel a part of and special enough for people to come sing and play for us vets.	191217g	
12/17	PTSD and Depression go hand and hand - one minute you're here and the next minute your mind gives the way to calm and peace	with more than unity moves the brain to respond positively.	Keep mixing mixing. Your comrades is a great addition to support your goal.	Stay the course Melody, harmony slow and up tempo may the force be with you all!	191217f	
12/17/19	Its very uplifting	The music and the togetherness	na	na	191217e	
12/17/19	It made me feel young and in a better state of mind and a good sense of joy and a happiness	I learn (?) a good from Doctor Duke	na	na	191217c	
12/17/19	The music always takes my mind away from depressive and traumatic thoughts from the past	The Music and the remarks and discussion between songs	No	Christmas Program was Great	191217b	
12/17/19	Great!	Great!	Great!	na	191217a	
12/10/19	It may help me to explore my mind and emotions...	The deep thunderous sounds of the piano. Questions and Answers	to early to say.	I liked the class very much. It got e out of here for a while ???	191210f	
12/10/19	It helps you come out of a lonely state to make better (????) It puts you in a mood/mindset -meditative state of mind.	Keeping up a positive attitude	na	na	191210e	
12/10/19	Take you back in time.	Dr. Q. A.	Doing more	GREAT JOB	191210c	
12/10/19	I always have a better mood after this group because I enjoy the beauty and variety of the music.	The music is the most important but the remarks and discussion is very interesting	Not at this time.	I look forward to this group every week.	191210b	
12/10/19	The Best	na	Wonderful	na	191210a	
12/3/19	Music has a powerful impact on emotions. It can uplift you when you are down, make you happy when you are sad or vice versa, & make you feel different emotions at the same time.	"Music can calm even the most savage beast" quote unknown	I enjoy every aspect of this program, so no.	None at the moment.	191203j	
12/3/19	na	Bring good uplifting spirit without the use of alcohol or drugs. Very thoughtful (?)	na	na	191203g	
12/3/19	Yes, very much so !! It brings me up when I feel down	Discussions we have after each song.	Not right now.	na	191203f	
12/3/19	Listening to the music takes me to a different place without traumatic thoughts of past memories	The music; the remarks and discussion after each song are interesting.	Not at this time	Look forward to this group every week	191203e	
12/3/19	Be Thankful. Mental wise, it helps me to be calm. It makes me think more positively. My self esteem rises up.	Magnificent. Memories pops up that makes me say all aspects were strong. Melody was perfect. Also the tempo magnificent.	Day Dreaming Celebrate: not at the present time. I always say to myself to with your gut feeling.	Stop, Listen: Keep searching for that distinctive harmony mix with melody. Stay the course.	191203c	
12/3/19	God Bless America, Give you hope; relaxing; take you back when you were there; it gets to your soul.	Question and Answer Music	More music	More time	191203b	
12/3/19	Extremely helpful	The music	No	na	191203a	
11/19/19	Relax feeling sheer power	Civil War	Very good.	Good and more	191119k	
11/19/19	It was memory (???)	na	na	na	191119j	
11/19/19	I always feel in a better mood after this class. I take my mind away from unpleasant memories.	1). The music would be the most important. 2). Discussion and remarks are usually very interesting	No	I enjoy this program very much.	191119g	
11/19/19	It calms me down, change my mood, & helps me with tension, stress, & anxiety.	How music impacts me in a positive way.	No	I love music & I appreciate all that music does for me.	191119f	
11/19/19	na	na	na	I really love the music and the history lesson.	191119e	
11/19/19	I think it helps. Music can find the inner self leave you feeling relax not depressed	At the end of sessions I always feel good and relax.	Have someone who knows how to play come up and play.	na	191119c	
11/19/19	My mind and soul were both soothed by the music. My mind is bruised.	The music calms the savage beast. Stabilization is the key.	na	na	191119b	
11/19/19	It may be helpful by putting you in a relaxed stated of mind.	Strong aspects are the way programs are setup. How difference in classes are timed so that there is relax time in between	A change could be more housing type of problems that involve family members more.	na	191119a	
11/12/19	Peace of mind - Good things happened through Music - Relax your body - Takes you back when you were ???	People get in touch with emotions.	More time in the ??	Dr. D is great/grate. gives you hope.	191112f	
11/12/19	I find this program low stress and enjoyable which takes away depressing thoughts of the past.	1). The Music. 2). Remarks and discussion between the songs.	Not at this time	I look forward to this group every week.	191112e	
11/12/19	It helps to bring a calmness.	Good music means good times for the most part.	None	None	191112c	
11/12/19	It takes negative thoughts away, my self-esteem kicks into positive thoughts. A:Creativity by far, B:Coming and Going, C:Blending, D:Going, going, gone, E: ---, F:Happy and sad.	All of the program were strong aspects	Not at the present time.	Stay the course	191112b	
11/12/19	na	na	na	Feel good music, that took me back when everything was better	191112a	
11/5/19	1). This program helps with my mood, self-esteem, negative to positive that helps my depression. 2). Releases my tension. 3). Calming down 4). Concentrating positively. 5). the worst is over. 6). Meditate pay attention. 7). Love and devotion 8). unconditional love.	All aspects of this program were strong. Bless the child that has his own.	mix, mix, mix	Stay the course.	191105n	Aaron124
11/5/19	It allows me to relax and get my mind away from other matters.	The open discussion compliments the music.	Play Iron Maiden (that's humor)	I plan to enroll in this class.	191105k	
11/5/19	It helps to wind down when you are around toxic and ignorant people. It made (me) feel like a better woman.	na	na	(Various requests listed by this veteran)	191105j	
11/5/19	Relaxing	Wonderful	na	na	191105g	
11/5/19	This program has a lot of uplifting energy when this music is played. It also has a soothing touch to it that relaxes me.	The questions and answer part, and the comments that are asked at the ending.	Not now	na	191105f	
11/5/19	The variety and beauty of the music takes my mind away from traumatic and negative thoughts from the past.	The music most of all. Remarks and discussion between songs are interesting.	Not now	Look forward to the program every week.	191105e	
11/5/19	Make you sleep better	It makes all the vet(s) happy I enjoyed it.	na	Soothing. Let the past go. Relaxing. Make you think about things.	191105c	
11/5/19	Some of music brings good feelings to. makes you do better things in mind. New Goals good and vibrations (?)	To be more open in mindfulness take time to smell the roses	na	na	191105b	
11/5/19	Free you soul	Beautiful music. Relaxing	No	No	191105a	
10/29/19	I love music & helps me with mindfulness just listening to the melody calms my nerves.	Listening to the melodies.	na	na	191029g	
10/29/19	The music is very close to reaching the human soul, PTSD and depression involved a troubled soul. The music can give one an uplifting feeling. Very good for the soul.	I love listening to all types of music instrumentals give an opportunity to use your own lyrics.	Not at this time	na	191029f	
10/29/19	The program helps my mood, self esteem. It helps with my negative thoughts and turn them into positivity.	All aspects were strong from the beginning to the end. Just imagine remember the good remember the good times. Love ballads.	focus, focus, focus mix, mix	Stay the course.	191029e	
10/29/19	The music is designed for the inner self to be at peace.	It has the ability to reach out to every veteran	no	na	191029c	
10/29/19	The variety and beauty of the music takes away depressive thoughts of the past.	The beauty of the music; remarks and discussion between songs is interesting	Not now	I enjoy this program very much and look forward to it each week.	191029b	
10/29/19	It makes me feel an open mind of sobriety in a good safe ?? Feeling positive being thankful of what I have and to give and share more ope a ray of hope	The truth in good persons and in the whole. Keeping up with taking my meds.	na	na	191029a	
10/22/19	The music eases and soothes the mind because the sounds are coming from a beautiful piano.	The music and the discussions between the vets - How the music makes the vets feel.	Don't change a thing	The music group completes the mental health team in this VA group should be in every VA Hospital.	191022j	AARON27
10/22/19	Calming effect	Music selections	None	na	191022i	
10/22/19	Music helps.	The Piano	No.	na	191022g	
10/22/19	Its a mental thing, like they say "music soothes the soul", up lifting and mood stabilizing. Now that its over can we bring joy among us.	All aspects were strong	Not at this moment	Mix, Mix, mix	191022f	
10/22/19	It gives good ????	Better aspects of it program (???)	More new. Music is a %&%\$%\$ helps you to keep on going on.	na	191022e	
10/22/19	By feeling different emotions you can not put into words. Different feeling you didn't know you could feel. It can calm you and make you happy when you are down.	Being capable to feel different emotions. I didn't know I could feel.	not at the moment	The music I heard today helped me by calming me down. I usually am anxious person but the smooth notes from the piano helped tone down my anxiety.	191022c	
10/22/19	For me the program takes my mind away from depressed or traumatic events of the past. At the end of the group I am more calm and more positive outlook.	The Music. Discussion and remarks can be very interesting	na	I enjoy and look forward to each group.	191022b	
10/22/19	It extremely helps those with PTSD	It allows you to feel good with your inner self.	na	na	191022a	
10/15/19	soft then dark and darker then smooth then %&%\$%\$ to a soft peaceful ? ending	sad and sprawling out of control then a ?? end still up in the air.	na	Always "Great"	191015n	
10/15/19	Having a dark day, wanting and needing help today. The first piece was relaxing let the inner self start to come out.	na	na	Thank you for what you do. My day may not be as dark as I thought	191015k	Aaron28
10/15/19	Not good at writing	na	na	na	191015j	
10/15/19	The music always helps me take my mind away from depressive thoughts and past trauma I'm always in a better mode after the group.	The Music. Remarks from different people after each song	Not at this time	I enjoy this program very much and look forward to it each week.	191015i	
10/15/19	This group makes me feel good and it brings me a good beginning (?) to a brighter (?) day a higher body (?)	na	na	na	191015g	
10/15/19	A lot	Everything	No, everything is go	All good	191015f	
10/15/19	Rejuvenate - Energizing - Pay Your Respects - Him or Me - Participate - Take the time - Up tempo - Missing you	All aspects of the program were strong - sad, and happy	mix. mix. mix	Stay the course	191015e	
10/15/19	About time	na	na	na	191015c	
10/15/19	It helps to relieve the stress and tension	The questions that are asked after the music pieces.	Not at this time	na	191015b	
10/15/19	Attending this class since March 2019, it has helped me with some of depression and addiction problems. I left Perry Point in Sept. and have not attend this class. I have experienced some difficulty but have adjusted. I believe if I was attending this class for the past month, those difficulties would not been my life, one must deal with life on life terms.	I wish it possible for this type of therapy to be offered at other VA facility for out-patients.	na	na	191015a	
10/8/19	Takes you to a different place	while listening and relating it to my own life	Make it more than once a week.	na	191008q	
10/8/19	Its positive therapy for depression challenges.	Mr. Duke Thompson interacts with visitors after each composition.	na	na	191008p	
10/8/19	Can't no one always be on top. Once in a while you struggle to be on top. Sometimes (?) and you get there quickly. Other times it may take a while, but never the less you make it there. Music tells this story over and over again:	na	na	na	191008n	

<p>Music for the Inner Self is a program offered to veterans suffering from PTSD and TBI through Sound Minds USA, Division of Maryland Conservatory of Music. Duke Thompson, Director musicmagic.com 443-243-7265</p>	<p>Note #1. This spreadsheet shows comments received since January 1, 2019 from the sessions of "Music for the Inner Self" at Perry Point Veterans Hospital in Perryville, Maryland - no comments are guided, added, edited, or deleted - obvious misspellings/grammars are corrected, however. Hard copy originals are available. Inputs that are unsure are followed by "(?)" or "%\$#%". Note #2. All hard copy surveys are on file with Sound Minds USA, a Division of Maryland Conservatory of Music, and can be accessed by calling Dr. Duke Thompson @ 443-243-7265. The identity of each participant is optional on the surveys and if identities are given, they can be found on the hardcopies. ***** Question #1: How do you think this program might help with PTSD/Depression, etc.? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #3. Comments in each row are from the same individual for each weekly session, identified by date. Note #4. Some comments may seem similar from week to week as they may be from the same individual as a number of vets come to this program repeatedly. Note #5. A few of the comments are hard to understand as the handwriting/grammar was inconclusive. (All hard copies are available) ***** Questions #2: What did you feel were strong aspects of the program? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #6. "na" means No Answer was given. Note #7. There are five color-coded themes for the responses, although some of the comments could fit into more than one theme. The comments in black type are very relevant - just not necessarily a part of one of the identified theme. ***** Questions #3: Can you suggest any changes that might make this program more effective? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #8. The number of surveys received each session are almost always less than the actual attendance because: a) Individuals did not fill them out, b) Individuals had to leave the session before it ended. Note #9. The last column "VIP" with Aaron... are the rows that are determined to be of a certain significance. ***** Question #4: Additional Comments. Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>File #</p>	<p>VIP</p>
Date					321111b	
10/8/19	It helps to get those everyday worries and negative thoughts to subside for a moment.	The questions we ask about the music	Not at this time	na	191008k	
10/8/19	Reflect on the Positive	Time of Peace Relaxation Joyful Spirit.	More than once per week	na	191008j	
10/8/19	Breathing with eyes closed and listening, thinking feeling the tones some soft and some rough like my life. My ups and downs. Some smooth. Like times in my recovery.	Being an American. Serving this country - proud and strong.	maintain class (?). To give hope, strength, and to think with feelings	Great! need more classes in the V.A.s	191008i	
10/8/19	A Great Deal	Sir Duke	na	na	191008g	
10/8/19	Through Inner Expression in Music which we are individuals. Which allows us to have freedom of expression.	Being allowed to express what you feel with no right or wrong response	Not at the moment	I look forward to these sessions. it leaves a feeling of relieve of emotions	191008f	
10/8/19	The variety and beauty of the music takes my mind off depressive and traumatic thoughts.	The music is a big part of the program. Remarks between songs can be interesting and informative.	Not at this time	I look forward to this program every week.	191008e	
10/8/19	It gives a veteran a better outlook in one's self esteem	na	na	na	191008c	
10/8/19	"A Dramatic feeling" "Conquer your inner self" Hold on I'm coming	All aspects of this program were strong	Let it flow. Mix, Mix, Mix	"Stay the course" Like fred estair"	191008b	
10/8/19	It lets you escape.	The Flight Simulator Aspect	More?	na	191008a	
10/1/19	Bring(s) enlightenment and a reminder of what we are going through.	If it is just hearing the music, but talking about the piece itself.	Nothing. Just incredible.	na	191001e	
10/1/19	Defiantly. (Definitely)	The variation in music type and open group feedback	Maybe add day or another class	Thank you it was healing	191001c	
10/1/19	I think music is a kind of healer at least for awhile past traumatic memories.	1) The Music 2) The remarks and discussion between songs	Not now.	I look forward to this program and enjoy every class.	191001b	
10/1/19	Stop me from focusing on my PTSD	It was relaxing cousin me to focus on sounds.	Not at this point.	na	191001a	
9/24/19	Relaxation, Clear thoughts, Positive start	Reflection Release	na	na	190924i	
9/24/19	Yes, the music is very soothing.	It made me think of memories from the past - mostly good memories.	No changes necessary	I liked the blending of the piano and the guitar and the flute today.	190924g	
9/24/19	The info from Dr. Thompson (PTSD v PTSI). The injury w/trauma helped me to understand my self much better.	The memory/reflection/emotion helped w/my emotional connection w/ life and self.	Learn some Tull / Guns and Roses	Thank u much. Wish more vets were here. wish family/friends could/ would/should attend.	190924f	
9/24/19	I think it helps immensely.	The beautiful music coming from the piano	Don't change a thing	I look forward to this group. It uplifts me from my disturbing thoughts.	190924d	
9/24/19	Music takes me to another place and time in my life. It's refreshing yet sad at times to recall how my life has changed from my past to the here and now. Music is also uplifting to my spirit and at times gives me a positive outlook for my future.	The immediate impact that it allows me to freely feel and embrace all of my inner most emotions and feelings.	More soft jazz music would be good to hear	I highly recommend this session for anyone! Dr. Duke is knowledgeable of feelings and history of some of the music - "Enlightening"	190924e	
9/24/19	It can help sooth and/or calm the person down.	The variation of the music played.	No	Keep up the good work.	190924c	
9/24/19	As the wind blows the music soothes my sole (soul). "If you try you can make it"	Stop, Look and listen. All aspects were strong.	Not at this time	Mix, Mix, mix	190924c	
9/24/19	I think listening to the music - the beauty of it and the thoughtfulness about each piece takes my mind away from depressed thoughts of the past	1) The music 2) Discussion and remarks between each piece	No	Enjoy this program very much plus sometimes adding different instruments makes it even better.	190924b	
9/24/19	It helps veterans reflect on their feelings and find a health way to escape from the sadness they are feeling.	The way Duke would keep the group engaged and help the veterans reflect on why they are feeling the way they are in the relation to the music	I believe this program is very effective and you shouldn't try to fix something that isn't broken.	na	190924a	
9/10/19	It helps in relaxing the mind.	The music.	na	Very good, I would recommend to my friends.	190910z	
9/10/19	After this program helps my PTSD by showing my anxiety and help control my mind from racing. This program has great potential for PTSD and Depression.	Being able to just enjoy the music. Listen and staying in the moment.	Excellent.	Thank you so much	190910y	
9/10/19	This program is a comforting, relaxing and soothing. It lets you think quiet moments of life, free the mind and body and spirit.	It was an excellent program, I enjoy every moment listening to the music. It put you at peace within yourself.	None. I would suggest this to others veterans to hear and listen to the music.	Thank you for the program.	190910x	
9/10/19	I love the music and it help me to relax.	na	na	I'm very thankful.	190910v	
9/10/19	Its excellent for going through different emotions and be able to express them without acting them out.	The different music.	No	Duke is always nice and pleasant.	190910u	
9/10/19	Thoughts and feelings can be felt and processed in a safer environment. A point of gathering to allow a group to come together to aid each other strength.	Explore and think of music without focus on just being a distraction.	Use of the theater instead for a better sound.	na	190910t	
9/10/19	The music takes your mind away from past traumatic events and boosts your mood.	1) The Music 2) Discussion and remarks after each song are interesting.	No.	Enjoy the program a lot.	190910r	
9/10/19	Uplifting higher power awareness from out the darkness to the light.	na	na	na	190910r	
9/10/19	It is very uplifting - takes the depression away.	The music is very inspiring	No changes.	Duke is amazing!	190910q	
9/10/19	Starting off great - Stairway to Heaven. 2) a strong story mellowing (?) out to a smooth but rough end. What are you doing? The turmoil I've taken myself through.	3) What are you doing? hurting myself (drugs, drinking, fighting) (&)%: strange - my God is always good. He takes care of bodys and fools (??)	No: handled well, with "thought" in every way. Your own thoughts, "meaning"	Strong and moving. He Ain't Heavy he's my brother Knowing its felt in everyone You can't stop "death"	190910p	AARON1
9/10/19	All the songs were very impactful in getting in touch with several emotions, although I couldn't relate any personal experiences.	Dr. Duke's music were (was) soothing and allowed me to experience joyfully a wide range of emotions including chaos. Its hard to imagine joy in chaos but just understanding my chaos is a plus for me.	na	Thank you Dr. Duke	190910n	AARON2
9/10/19	na	na	na	1st Song: Soothing for the soul (non-associative); 2nd song: Intrusive (chaotic) (non-associative); 3rd song (Chaos) All over the place (life); 4th song: The storm is over Peace after the storm; 5th song: My Victory	190910k	
9/10/19	The music was very relaxing. I tried to rebel and not be a part of. My feet started moving to the beat without my permission.	I appreciated the comments after a selection was played.	No	None	190910j	
9/10/19	It would serve as an outlet to let loose everything I have inside me.	Listening and feeling the music means a lot to me.	No.	This is a great group with Duke!	190910i	
9/10/19	It helps me meditate.	na	na	None	190910i	
9/10/19	It is amazing to see how many people relate on the same level to a song with influence from vocals.	The collective feedback from the group that was influenced from the artist's (Duke's) music and how it seemed to be interpreted from the group similarly	na	Awesome	190910g	
9/10/19	Music brings out feelings in me that I want to have and feelings I want to keep buried deep. It has always been an important part of my life because I feel the silence of the absence of music when I am unable to hear it.	I found it interesting how everyone's interpretations of music is different and similar.	Perhaps allowing people to share specific songs and the feeling of story behind the emotion it evokes in them.	na	190910g	
9/10/19	To me music lifts the soul and gives me inner peace. Its a great connection to my higher power and my creator. By claiming (?) his will no sickness or disease can conquer me.	Strong aspects of the program is sharing music with others and getting different perspectives on life.	I don't think anyone should try to fix the which is not broken. *&%	With the mindful technique, I feel I'm now at a higher level in my musical life.	190910f	
9/10/19	It eases stress.	The music and the discussion from each individual.	You don't need to change a thing. Everything is beautiful just as it is.	The music helped me to forget about some of the anger and bitterness I held in for my past.	190910e	
9/10/19	I find the music always lifts up my mood even if some to fit songs are sad.	1) The Music 2) Remarks and discussion between songs in interesting	Not now.	I always enjoy this group and look forward to it.	190910c	
9/10/19	It gives a person to come into the light and to a good hope Sunshine rays of the rising sun and to be more productive in wisdom for a good insight.	Better goals in NA and AA. Higher power Better judgement, More people in my age bracket.	na	na	190910c	
9/10/19	Anything that takes your mind off of the past. Music is a very good tool to take one's mind from the past to the here & now.	Different music and after each song, we talk about each song and how it reflects you.	Having multiple musicians playing different instruments.	na	190910b	
9/10/19	You leave the class in a more relaxed and calm state of mind. It can let you visualize warm and comfortable thoughts and places. Your state of mindfulness is in a good place. So rather than just a quick reaction or response to a stressor your state of mind gives you a chance to process your surrounding.	The distraction and relaxation of mind and body from the stress and tension you experience daily is more easily dealt with after attending this class. Put 12 people back in 2 separate rhinos excited t the same stresses; one with this class and one without. The one with the class will handle this situation better and not be as stressed.	More of it. A couple times a week. Accompanied with other mindful classes. You will have a really good chance of coming out of it a serene whole person.	na	190910a	
8/27/19	It distracts you from, and helps you block out the "noise" around you. Gives you the chance to relax and collect yourself. Thoughts, feelings, and emotions have a chance to calm down. Gives you piece of mind and spirit which helps you get ready to face the challenges life has to offer for the day.	Good at helping you put together the inner feelings that you're having with the music that you're listening to. Its an excellent way to decompress yourself which is a good thing since I consider myself to be a little high strung.	More often. It helps you to be able to absorb the day in a positive way.	It starts mysteriously day off with a positive and relaxed attitude. Which is good for me and hopefully the people I encounter during that day.	190827j	
8/27/19	Very relaxing. Frees the mind of my existing mental thoughts.	All aspects were wonderful.	No, I think its fine the way it is.	I chose guitar and harmonica at a young age. I always wanted to play piano. Too old now I think. would like lessons.	190827i	
8/27/19	I feel the music lowers depression at least temporarily and feelings of previous trauma events are less.	1) The music both variety and beauty of different songs. 2) Remarks and discussion between songs is interesting	No	I look forward to this program every week.	190827g	
8/27/19	Its tremendously helpful for PTSD.	The strong aspect of the program: Is its ability to take you musically away.	No	n/a	190827g	
8/27/19	if uplifts my mood, my self esteem, my social network with people.	All aspects were marvelous	Keep mixing, and mixing	Stay the course	190827f	
8/27/19	relaxing, soothing, thought provoking peace and harmony, positive, enhancing music	music, conversation	It's pretty great already (I like to eat, so maybe refreshments)	na	190827e	
8/27/19	Soft music turns away evil.	Music gives love and sound mind.	Don't change a thing	Music is like your own time machine where it can send you back in time to the things you use to love.	190827c	
8/27/19	Put my mind in a state of relaxation I look forward to this class help me. Meditation which is part of my pain relief.	Being able to allow the music to take me away to a place of Peace	It's great the way it is for me because it helped me work thru something uncomfortable in my life. Maybe instead of 90 minutes, make it 120 minutes.	na	190827c	
8/27/19	It will bring me back from disassociation to the reality of calmness and relieve tension.	Gives me a moment to feel my emotions and let the spirit of my inner soul reflect on me.	2 times a week.	Great Class.	190827c	
8/27/19	Calms raging, anxious, fearful, want to give up thoughts.	My way, I felt deep in my soul my thoughts are not the way I feel sometimes. My way is a good place in my life.	na	na	190827b	
8/27/19	By allowing an alternative form of meditation to be introduced to veterans and for them to experience a peace and the ability to allow the music to take them away to a "happy place".	The focus on what the music can do for me and now it can be a form of peace and meditation	keep coming back, maybe play more	Love this class	190827a	
8/20/19	Relaxation of the head mind and soul	Peaceful	n/a	Lovely Music	190820i	
8/20/19	It helps me sooth the inner sole and it brings me joy. Makes me pay attention "finding peace".	All Aspects were strong. "Love Story's" - Support	Mix, Mix	Stay the course	190820g	
8/20/19	Helps me forget traumas of the past at least temporarily.	1) The music which I enjoy a lot 2) Comments between songs which can be interesting	No	I like this program very much.	190820g	
8/20/19	By calming the mind, one allowing or type of meditation, and ability to connect w / inner emotions and to be calm.	The Music! And the facts about the music therapy. Just being able to listen and clear my head.	Don't stop the program	Loved it !!!	190820f	
8/20/19	Music can lift you up out (of) depression to the highest your mind will take you.	It put me at ease and at peace. I dedicate the music I heard today to my late brother, Hans Alexander	n/a	n/a	190820e	
8/20/18	I think it will help being able to express emotions without having to talk about it. It can relieve depression as well by being able to listen and hear others like you react to the music.	The idea of bringing music to the foreground. Not necessarily some bubblegum sing along.	None	n/a	190820c	
8/20/19	It takes away the PTSD	Strong Aspect - is how he engages the music he plays.	No.	n/a	190820c	
8/20/19	Harmony that strengthens the mind.	Finding peace	n/a	n/a	190820b	

Music for the Inner Self is a program offered to veterans suffering from PTSD and TBI through Sound Minds USA, Division of Maryland Conservatory of Music. Duke Thompson, Director musicmagic.com 443-243-7265	Note #1. This spreadsheet shows comments received since January 1, 2019 from the sessions of "Music for the Inner Self" at Perry Point Veterans Hospital in Perryville, Maryland - no comments are guided, added, edited, or deleted - obvious misspellings/grammars are corrected, however. Hard copy originals are available. Inputs that are unsure are followed by "(?)" or "%\$#%". Note #2. All hard copy surveys are on file with Sound Minds USA, a Division of Maryland Conservatory of Music, and can be accessed by calling Dr. Duke Thompson @ 443-243-7265. The identity of each participant is optional on the surveys and if identities are given, they can be found on the hardcopies. Question #1: How do you think this program might help with PTSD/Depression, etc.? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program	Note #3. Comments in each row are from the same individual for each weekly session, identified by date. Note #4. Some comments may seem similar from week to week as they may be from the same individual as a number of vets come to this program repeatedly. Note #5. A few of the comments are hard to understand as the handwriting/grammar was inconclusive. (All hard copies are available) Questions #2: What did you feel were strong aspects of the program? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program	Note #6. "na" means No Answer was given. Note #7. There are five color-coded themes for the responses, although some of the comments could fit into more than one theme. The comments in black type are very relevant - just not necessarily a part of one of the identified theme. Questions #3: Can you suggest any changes that might make this program more effective? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program	Note #8. The number of surveys received each session are almost always less than the actual attendance because: a) Individuals did not fill them out, b) Individuals had to leave the session before it ended. Note #9. The last column "VIP" with Aaron... are the rows that are determined to be of a certain significance. Question #4: Additional Comments. Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program	File #	VIP
Date					321111b	
8/20/19	Brings forth emotion deep down.	Allowing its to feel the music	It was perfect	I really enjoyed this! It helped me to feel emotions.	190820a	
8/13/19	No sun, real dark, but pleasant; A breath fresh air, and Please don't forget Mr Duke piano section. Dark but calming.	All aspects were strong and meaningful takes me back to my last airplane ride from Germany the plane was very quiet, but ????. Sun oh sun I believe in you.	Up tempo rules	Stay the course	190813g	
8/13/19	Taking some time for myself. Slowing down to find some peaceful times; Give some (???) out of my head. Change some thinking to positive things.	Help understand the different times of (??); Plays in our times.	More & More	na	190813f	
8/13/19	The music helps take your mind off of traumas of the past at least temporarily	the beauty and variety of the music; Discussion and remarks between songs can be interesting	Not now.	I enjoy this group very much.	190813e	
8/13/19	Helps to put you in a good mood. Something I needed today.	The music matched the rain but in an uplifting way. The clouds didn't see(m) dreary after all.	n/a	na	190813c	
8/13/19	It's very relaxing and I'm able to get outside myself. Thankfully the music helps to focus someone (myself) om Positive Emotions, at least for a short time.	It's extremely uplifting. Gratefully the music takes me back to when life was simpler and even fun, and enjoyable.	I can't think of any changes. I'm just hopeful that this program will continue! And hopefully more will participate.	Thank you Dr. Duke for your time to make this program possible. This has been a really high point in my week since I started coming!	190813c	
8/13/19	This program help with PTSD. Music keep you calm!	Music sees the invisible believes the unbelievable, and receives the impossible	Keep the Program the same	Music is a lamp to guide my feet and a light for my path.	190813b	
8/13/2019	Music and Rhythm find their way into the secret places of the soul.	Welcome / The Coming	n/a	Music is what feelings sound like. Music is my escape from all the bullshit in life.	190813a	
7/30/19	Music rushes towards our woundedness to heal.	na	na	Childhood innocence, comfort, lifting - one beautiful wave after another.	190730i	
7/30/19	Good for the soul	How the song went together	na	na	190730g	
7/30/19	Today is a difficult cult day, may PTSD is flaring. But as soon as I relax and engage with the program I focus more on the enjoyment of the music and the conversations that take place help me. With my depression and PTSD.	The music the other veterans opening up and sharing their experience, hope and Perspective.	Arrange and set the funds for a(?) Field Trip or at least take us to a free music outing concert festival.	Is there a CD available of the music collections that are being played	190730f	
7/30/19	PTSD, Depression go hand and hand. Music soothe the average Beast.	Everything	Keep Mixing, mixing, mixing	Stay the course	190730e	
7/30/19	It sorts of an up-lifting experience (?)	Lifting a positive idea of new hope	na	na	190730c	
7/30/19	Makes me think of where I was 1 years ago to now - WOW.	Music speaks to me Every song calls to my soul	Keep coming back	Love you Guys.	190730c	
7/30/19	na	Music is guide for my feet(?).	na	Music keep me calm!	190730b	
7/30/19	I was sad and depressed. Listening to the music today made feel better.	The different old music that can change a mood.	na	na	190730a	
7/16/19	It helps you to put you into a positive way New beginnings for a start in recovery and in work History feels good inside and out	na	na	na	190716e	
7/16/19	Change severe depression to a state of depression. Thoughts of emotions have such a calming affect to the heart, mind and soul. That's what music does.	how the piano player captivates our thoughts, soul, and minds by bringing us to a calm state	na	na	190716c	
7/16/19	Your music is a lamp to guide my &^%9?) and a light for my path.	Keep calm and carry on!	Don't change a thing.	Trusting through a stormy way even when my faith is small.	190716c	
7/16/19	It helps stress, self esteem, think positive.	All Aspects were strong.	No suggests. Keep mixing	Stay the course.	190716b	
7/16/19	Beautiful music always helps me forget the traumas of the pas and depressive moods.	1) The beauty and variety of the music. 2) Comments and discussion between songs is interesting	Not now	I look forward to this group every week	190716a	
7/9/19	Music can sometimes speak to someone when words don't get through	Community setting, people sharing the same experience with different thoughts.	Not at this time. Make this class mandatory !	Thank you.	190709n	
7/9/19	Learning express emotion	the music selection was great.	no, its fine as is	na	190709j	
7/9/19	8%^^%\$ will people keep still. Up & down getting soda & coming late making noise.	I kept focus on the music	Stop people from coming in late and doing what they want to do this still group.	I love coming here when I can, helps me forget my problem.	190709i	
7/9/19	%^%\$ a good feeling to a up beat that shows a promise	na	na	na	190709g	
7/9/19	It let you think of different things.	The song of faith love and warm to others	Let it be longer & ^^%#%\$	na	190709f	
7/9/19	The music helps to forget previous traumatic events	The Music Remarks and discussion after each song	No	Enjoy the music. Maybe more songs	190709e	
7/9/19	Its very relaxing	More music less talk	No more music less talk	none	190709c	
7/9/19	Music is magical and soothing and speaks to my mind boggy and soul.... It heals e from the inside out.	It made me relax, reflect and listen to an awesome pianist, who touch my heart.	More than once a week would be great.	I want to learn piano. It is on my bucket list Duke Thompson is amazing.	190709b	
7/9/19	help uncloud my thoughts	a long lasting effect on the memory part of the brain	na	na	190709a	
7/2/19	I always feel less depressed after the music group so I think it helps a person with PTSD think less about traumatic events.	1) The variety and beauty of the music 2) Remarks and discussion after each song.	Not at this time	I enjoy this program very much.	190702f	
7/2/19	Any song or many songs can sooth the barren heart and soul to make it full and prosperous	na	na	na	190702e	
7/2/19	It gives a better outlook into ??? about your feelings. Shines new light coming out into today.	na	na	na	190702c	
7/2/19	The music is very soothing and peaceful. I feel that the music can take you out of yourself - to take your focus some where else.	I was greatly moved with emotion - as well as filled with pride.	I wouldn't change a thing. Hopefully the program will continue	Patriotic - Energizing So extremely enjoyable Thank you for your effort!	190702c	
7/2/19	The music is soothing and calming; gives an inner peace.	the variety of music and combo group conversation	to have more classes 2x week.	I enjoyed the America tribute	190702b	
7/2/19	The program offers a variety of musical experiences that evoke different emotions	The strong aspects of the Program, there is a time travel that allows me to visit different periods of my life and I can compare and find gratefulness.	No, if it's not broke don't Fix it!	This program is a very vital part of my recovery. I'm able to express myself through listening actively to the many genres of music.	190702a	AARON4
6/25/19	Its very relaxing - Greatly reduces stress and anxiety. It gives me something positive and wonderful to look forward to for next week!	Really peaceful, and uplifting, even exciting. Its helped me to forget my daily living problems.	I can't think of any changes. I just wish it could go on longer.	Wow. It just blew me away. Its sort of hard to explain - many adjectives. I tingled all over at times.	190625i	AARON3
6/25/19	All the songs that is played. Brings good and not so good memories., but does soothe the soul.	The passion that ya'll bring to the Vets - I love you. Please keep coming back!	You guys - inspire me and make it all seem and feel better.	na	190625g	
6/25/19	Very uplifting. Brings great imagery. I love this group. It puts me in a totally different place.	The comments from others. Listening to the way that the music made people feel.	na	na	190625f	
6/25/19	It helps to free yourself and go to some Different Place	Your Song (Elton John)	Requests		190625e	
6/25/19	Mental illness as a whole. can benefit changing sombre days to glad days.	The music can also serve as mood changers	Requests		190625c	
6/25/19	It makes me feel new hope. In coming out of a bad mood into a bit hope. new outlook upon new hope. Go getter aspects to stay assertive in well spirits; mind set loving not harming. Its all good.	na	na	na	190625b	
6/25/19	The variety and beauty of the music mostly for me. Takes me away from depressive thoughts and trauma to the past.	1) The music. 2) Discussion and remarks between songs I find interesting	Not now.	I really look forward to this group every week.	190625a	
6/18/19	I have a new thespic - and the name is MUSIC.	na	na	na	190618g	
6/18/19	Bro Lewis played first piece after belly breathing. One of my favorite tunes by Dr. Duke came next. I remember thought of triumph & victory through a series of thoughts= test, race, mara if you will.	No pain lasts forever!	Has me feeling - to endure its so uphill. My higher up has me. Though its left up to me to move it in.	Staying stuck won't solve.	190618f	
6/18/19	Listening to Duke can soothe grinning you out of depression sometimes. Those songs are uplifting allows me to think of good times.	It leaves people wanting to share their inner feelings and thoughts.	na	na	190618f	
6/18/19	I enjoy the variety and beauty of the music for the most part. My thoughts are mostly positive while the program is going on.	1) The Music 2) Discussion and remarks after each song.	Not now	I enjoy this group very much and look forward to it every week.	190618e	
6/18/19	This program will help the PTSD/Depression to relax their ^%\$ by finding a Place in the Innerself	The professionals of our Musician Dr. Duke. The chance to respond to each selection. Hearing the way other veterans internalized the music.	Developing an appreciation to the Art, which is individual.	This program has helped me to listen to my Inner Self. I haven't experience with instrumental composition.	190618D	
6/18/19	Gives me moments to express my feelings that I can't verbally express.	The feedback from Dr. Duke when we give feedback after each selection.	Incorporate a drawing portions part of program.	X2 week would be wonderful	190618c	
6/18/19	keep it simple	na	Don't change a thing	I think this program is beautiful.	190618b	
6/18/19	Gets me out of my Blue Mood	Up lifting to me this music sooth my soul. Very relaxing	Maybe some more Blues tunes	Love ya Dr. Duke. Keep Coming Back.	190618a	
6/11/19	Relaxing music. Solve some problems	Relaxation. Breathing. Dr. Gardner	No	No	190611j	
6/11/19	This program will help a person to think of good times. Help to relax. Dr. Duke plays music that touches the soul.	the different levels and different sounds	na	na	190611i	
6/11/19	Its an enjoyable form of therapy. Its social and individual at same time. (Music helps the left and right brain communicate.	The though-provoking music; The variety of music; The Discussion and sharing of experiences; The informal relaxing environment.	It can be used as a form of meditation or mindfulness. Recordings of a list of music could be given to take home.	na	190611g	
6/11/19	Feeling happy and you're new state of mind; Start of a new day	No pain last forever good pass over. Doing things that are more thoughtful of my self and others	Helpful not harmful to my self	na	190611g	
6/11/19	Relaxes me. Makes me feel less tense soothed my thoughts/emotions.	Helps with anxiety and depression. I like to hear everyone's comments and how the music made them feel. Thought evoking.	na	na	190611f	
6/11/19	Though I missed last week, I reflected on a musical experience from a prior class. Especially when i'm being met with so many unfortunate roadblocks.	Truly what I need non-lyrical music. Arousing sensations. Quest-like thoughts (journey). Refuge. Who cares? I feel music does.	na	na	190611e	
6/11/19	It gives out good vibes of new beginnings new start. To be more glad and to be more hopeful of others. Goals for them selves having a good ^%\$ Praying for Wisdom & Happiness	na	na	na	190611c	
6/11/19	The music takes your mind away. From past unpleasant memories even if its a sad piece.	The beauty and variety of the music the remarks and discussion between tunes.	Not at this time	I look forward to this group every week. I enjoy it very much.	190611c	
6/11/19	Relaxing & Soothing	The expert selection & performers	No	No	190611b	
6/11/2019	The soothing feeling the music brings help relax the "speezy" of the mind. For me music takes me to the place I'd rather be than where I am.	Amazing performers. The setting focus the outside. Selection of program songs. The row of voice of the facilitator.	It would be nice if we could have a class or two outside weather permitting. I understand that would be an extra indugence to the class	Never Stop Coming. Grateful is not thankful Grateful is to hopeful Grateful is giving w/o being asked and receiving w/o asking. Grateful = Goodness - Realization - Admire - Togetherness - Emotional - Forever - Unity - Love	190611a	
6/4/19	na	Listening to different views of the music. Helps me to see things different.	na	I've been absent from this class for the past two weeks due to illness and personal business. I had an emphyseis not being here but I'm starting to feel much better.	190604f	AARON8
6/4/19	Relaxing Calming	Dr. Duke intros and programs. Varied music. Duke plays w/o music to read.	No	No	190604e	
6/4/19	At least temporarily takes your mind off unpleasant memories of the past or worries about the future.	1) The variety and beauty of the music. 2) Remarks and discussion between songs.	No. Very good the way it is.	I always look forward to the group every week.	190604c	
6/4/19	I believe that this program may produce a type of freedom that allows individuals to experience.	1). Everybody has a chance to express themselves. 2) Informative and somewhat historical. 3) Dr. Duke professionalism and expresses it the veterans. There's no slack.	We can open it up to some of the other veterans whom I believe cope and would appreciate it.	This program has help me express my feelings and identify where I am in recovery. I was introduced to different genres of music. It has had a valuable affect on my inner self and connecting spirituality.	190604b	
6/4/19	It will make people think about change mind. Share aspects in a positive way of thoughts and overwhelmed. I don't think about pain and enjoy like. I'm thankful of women in my life.	na	na	na	190604b	

<p>Music for the Inner Self is a program offered to veterans suffering from PTSD and TBI through Sound Minds USA, Division of Maryland Conservatory of Music. Duke Thompson, Director musicmagic.com 443-243-7265</p>	<p>Note #1). This spreadsheet shows comments received since January 1, 2019 from the sessions of "Music for the Inner Self" at Perry Point Veterans Hospital in Perryville, Maryland - no comments are guided, added, edited, or deleted - obvious misspellings/grammars are corrected, however. Hard copy originals are available. Inputs that are unsure are followed by "(?)" or "%\$#%". Note #2). All hard copy surveys are on file with Sound Minds USA, a Division of Maryland Conservatory of Music, and can be accessed by calling Dr. Duke Thompson @ 443-243-7265. The identity of each participant is optional on the surveys and if identities are given, they can be found on the hardcopies. ***** Question #1: How do you think this program might help with PTSD/Depression, etc.? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #3). Comments in each row are from the same individual for each weekly session, identified by date. Note #4). Some comments may seem similar from week to week as they may be from the same individual as a number of vets come to this program repeatedly. Note #5). A few of the comments are hard to understand as the handwriting/grammar was inconclusive. (All hard copies are available) ***** Questions #2: What did you feel were strong aspects of the program? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #6). "na" means No Answer was given. Note #7). There are five color-coded themes for the responses, although some of the comments could fit into more than one theme. The comments in black type are very relevant - just not necessarily a part of one of the identified theme. ***** Questions #3: Can you suggest any changes that might make this program more effective? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #8). The number of surveys received each session are almost always less than the actual attendance because: a) Individuals did not fill them out, b) Individuals had to leave the session before it ended. Note #9). The last column "VIP" with Aaron... are the rows that are determined to be of a certain significance. ***** Question #4: Additional Comments. Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>File #</p>	<p>VIP</p>
Date					321111b	
6/4/19	It is medicine to my SOUL and mind. It allows me to focus on the moment.	Having no interruptions is great. It allows you thoughts and emotions to pair with your energy/mode.	To have people draw and share if they wish	na	190604a	
5/28/19	a) It helps me get out of mind to release. b) Help me find other love in everyone. c) Find interest in other things. d) Do more things you like finding things you like	a) Help to forgive self and others. b) Love & Peace c) History (how music change with time) d) How music express feelings & thoughts.	No!! It get's better!!!	na	190528j	
5/28/19	na	Being able to openly express one's feelings in a positive manner.	The arrangement of the room is Good, but the musical arrangements are fabulous, which make me feel fabulous.	During the breathing exercise at the beginning I take a 2-3 second pause after intake before breathing out and again before intake. I found this to help me more. The Grace of God have given me this class, which have helped me save my life. Good Class THANK YOU!	190528i	AARON5
5/28/19	When I come here on Tuesday, it starts my week off, because the music helps me to forget my pain and problems. Thanks God for music and thank you for coming here.	I was aligned with my soul and mind when I hear the music that you select each week. Thank you again for helping us to forget all our problems.	Not at all, Thanks for coming	None	190528g	
5/28/19	After weekend of too many things to process I was and am overjoyed with the blessings bestowed me! With this course in mind! With Mindfulness & MAIS I'm enjoying my "Ramadan" so much more.	The ability to lead me totally by my will to places I don't, truly don't think I would find on my own. When faced with adversity, in mind of sorts, I melodically and mindfully arrive at a place where I desire to be the least judgmental as I can - Non-judgmental!	na	Today's series of music pieces really complicate what punishes me sometimes meaning when whatever force or entity takes me to my head, not necessarily negative always however not good. And the music seems to frustrate it. 4 the most part has to let me go or free me up 4 a white period. Pardon me a white period is being allowed peace 4 a spell. Not the white everybody thinks of that's another story.	190528g	
5/28/19	I think the music is the most important part that lifts up your spirit so that traumatic events in the past tend to lessen.	1) The beauty and variety of the music. 2) Remarks between songs are interesting	Not now.	Enjoy each group every week very much.	190528f	
5/28/19	Helps relax your mind. I have anxiety and panic - this helps grounding	The music and how it helps to have mindfulness.	Longer times / good program	Great/outstanding to help grounding when lost in your head	190528e	
5/28/19	It will help people come out of their shell into the real world. Enables good disposition. It gives a peaceful meaning of attitude toward your fellow man or woman	Makes you more patriotic and to appreciate your freedom. We have good input. May spelling might not be good.	Keep it just as it! It sounds like a ragtime	In a Great Nation	190528c	
5/28/19	Each day is a different time; space where it helps me unload my unspoken words or emotions	That after the weekend and Monday, Tuesdays are needed. At times words can be placed on top of melodies.	To have more than 1 time a week. We have issues to deal w/daily and this is a way to gather with fellow vets and express our selves to not feel so alone.	MFTIS gives you time to slow down release, think and take quality time. Thanks Dr. Gardner, Duke Thompson, Mr. Martin	190528c	Aaron4
5/28/19	The beauty and variety of the music takes away the thoughts of previous traumatic events which is good for me.	1) The Music 2) Discussion and remarks between each song, I find interesting.	Not at this time	The Patriotic songs in honor of Memorial Day was great.	190528b	
5/28/19	I have no words to say it... maybe 2!! Thank You!	Dialogue, Imagination, Peace, Great facilitators	To have a class outdoors if possible	I will always remember the facilitator, my greatest feeling of calmness	190528a	
5/21/19	I can only speak for myself but the interaction of the music with my depression made me feel so relaxed and I can't miss this class because it makes me feel, while I otherwise wouldn't anywhere else.	Interaction with Dr. Thompson, he is very good to listen to us does not rush veterans even if we may think its)(&%^&^%	Maybe have it outside in the summer. Today would have been a great day for it.	Keep the class going.	190521g	
5/21/19	Puts me in a better state of mind.	The tempo and how you can explain your mood and feelings	na	na	190521f	
5/21/19	The first song had a lot of energy. It made me remember when I was younger. I thought I could fly like a bird free at last. free at last.	Sometimes my emotions are all over the place, but the music grounds me. My inner self and my emotions, thoughts, memories take me to place we used to be.	My suggestion is keep coming back as long as you can and keep other people coming back with you.	Veterans disabilities are forgotten sometimes but music help to live with it.	190521e	
5/21/19	I think the beauty and variety of the music takes me away from drama and unpleasant things especially from the past.	The music was the main thing. The remarks and discussion between songs in interesting.	No	Enjoy this group very much and look forward to it.	190521c	
5/21/19	Gives me something to look forward to. helps me to remember the positives in my life and to be adventurous and experimental. To remember to be myself.	The imagery that comes to mind when listening to the music. Positive vibes. Helps combat negative thoughts. Music calms me.	na	na	190521c	
5/21/19	Tribute to America	Proud to serve, Proud to fight. Proud to make a difference. Proud to be an American.	na	na	190521c	
5/21/19	Relaxing soothing; 2nd piece melancholy upbeat.	Orange Blossom Special	No	No	190521b	
5/21/19	It brings out a good mood in a person ; makes you bring out joy and peaceful feelings to search for tomorrow enjoy today	Makes me think for the twelve steps program!	Tell a person about the program outside. It make a person have more pride of himself.	na	190521a	
5/14/19	It helps in so very many ways I look so forward to coming weekly.	The music Period. I love it more than cake Chocolate Cake	Request	na	190514n	
5/14/19	It helps me mostly with my thought pattern	Well my mother died 2 days after X-mas helps me to forget (colon cancer)	There are none at all	None	190514k	
5/14/19	Lets you relax.	People talking about the music that makes them calm (?)	More time	More time & ??	190514j	
5/14/19	The program help me meditate and to think about things going on in my life.	Where we get to comment on the selection that was played	Not now	na	190514i	
5/14/19	Excellent relaxing	Duke	No	No	190514g	
5/14/19	Soothes to inner, to outward soul	na	na	Duke you do a fabulous job I appreciate you.	190514f	
5/14/19	I often daydream about sailing with the wind.	All the aspects were strong and meaningful	No changes at this time	Stay the course and keep mixing, mixing, mixing	190514e	
5/14/19	Music is love in search of a word connect to me.	na	na	What word can't said music does.	190514c	
5/14/19	Bring you to a place of peace. Clam the mind	na	na	na	190514b	
5/14/19	The music helps a lot in forgetting the thoughts of past traumatic events	The music is the most important aspect, the remarks and discussion after each piece	Not at this time	I enjoy the music program very much.	190514a	
5/7/19	Explore is the word that comes to mind. Something as simple as moving chairs around sparked a newness. New exploration magnified.	.	Lets let the innerself/innerness have a chance. And no way is it gonna heal overnight. So its my wish that this opportunity remains available for myself and all that come.	na	190507i	
5/7/19	Just the music alone is so helpful. But what really helps is that you can hear and share thoughts. How everyone is different in many ways yet the same in many ways. We who have PTSD know trauma/pain/anger and it brings us together.	The sharing w/o being judged.	I can't see how much better. We are complicated people and simple things like a piano and master player - is as simple as it can get yet so powerful.	I love this class	190507g	
5/7/19	na	Everyone getting involved	2 times a week.	na	190507f	
5/7/19	Mostly the music takes a person's mind to another place away from bad and traumatic thoughts of the past	The music and variety of different songs. Remarks between each piece from different people.	No	Not sure about positioning of the piano.	190507e	
5/7/19	na	This class gives me a chance to look at how I feel today. But I ask myself how's my feeling compared to yesterday or 6 six months ago???	na	Today's class will help me prepare myself for the task of going to Rosetta's gravesite, on Sat., May 11, 2019, which was her birthday. This will be a chance for me to give her a proper farewell. This Ebony Queen was the love of my life. Not having her anymore is ver hard for me. This class has helped me to accept the fact my true love is gone to heaven.	190507c	
5/7/19	Much success	The ability to play any chords	Call people to play	na	190507b	
5/7/19	It gives an insight on getting out of bed and more being into today.	Pray to my higher power. Doing thing for other people.	na	na	190507a	
4/30/19	It gives me a good feeling of new spiritual awakening and wanting to be close to other people	to keep a positive mindfulness openness Paul McCartney and Billy Joel together We have changes and we have together	Light my Fire keep pressing on. Whats next for us I have others helping me	God is on my side My good perspective help(s) and insight my program means life or death to me.	190430r	
4/30/19	Music always puts me in a good place	Guest artist was very good.	Have the class more than once a week.	na	190430q	
4/30/19	Music can calm the savage best within or Music can wake us from a slumber.	Like the Literature stated, music can affect every emotion.	na	na	190430p	
4/30/19	When I come its an opportunity to let it GO!!	What it invokes "tears today" Wow	Have it everyday.	na	190430n	
4/30/19	Helps with choosing to "think Happy, Healing" thoughts! Very Powerful Coping Skill!	The Discussion between the pieces.	na	Thank you for sharing your story about how you wrote "Lots to Consider" It was inspiring and gave me lots to consider. As always thank you so much for YOUR service to our Country (Duke and Andrew) Peace: Blessings Always.	190430k	
4/30/19	As a recipient of Depression, this music soothes my soul and makes me smile!	The sacrifice that Everyone takes to make us vets to feel better, the togetherness, is what makes all (of) us including you all fell good.	No	None	190430j	
4/30/19	I think it is a very interesting group.	All the music very strong aspects.	No. Everything is great.	na	190430i	
4/30/19	Each song played gives one the ability to make it his or her own. Like walking away from a X-mas tree with a Gift	Strong aspect is: Live Performance.	Not at this time	I feel refreshed leaving the class. Looking forward to the next.	190430g	
4/30/19	The music help me to relax and not think about problems at this time.	The answering and Question part we have	Not at this time.	When I come in I am feeling up, because I am looking forward to hearing the music that is about o be played. And when I leave I am in an up mode.	190430f	

Music for the Inner Self is a program offered to veterans suffering from PTSD and TBI through Sound Minds USA, Division of Maryland Conservatory of Music. Duke Thompson, Director musicismagic.com 443-243-7265	Note #1). This spreadsheet shows comments received since January 1, 2019 from the sessions of "Music for the Inner Self" at Perry Point Veterans Hospital in Perryville, Maryland - no comments are guided, added, edited, or deleted - obvious misspellings/grammars are corrected, however. Hard copy originals are available. Inputs that are unsure are followed by "(?)" or "%\$#%". Note #2). All hard copy surveys are on file with Sound Minds USA, a Division of Maryland Conservatory of Music, and can be accessed by calling Dr. Duke Thompson @ 443-243-7265. The identity of each participant is optional on the surveys and if identities are given, they can be found on the hardcopies. Question #1: How do you think this program might help with PTSD/Depression, etc.? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program	Note #3). Comments in each row are from the same individual for each weekly session, identified by date. Note #4). Some comments may seem similar from week to week as they may be from the same individual as a number of vets come to this program repeatedly. Note #5). A few of the comments are hard to understand as the handwriting/grammar was inconclusive. (All hard copies are available) Questions #2: What did you feel were strong aspects of the program? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program	Note #6). "na" means No Answer was given. Note #7). There are five color-coded themes for the responses, although some of the comments could fit into more than one theme. The comments in black type are very relevant - just not necessarily a part of one of the identified theme. Questions #3: Can you suggest any changes that might make this program more effective? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program	Note #8). The number of surveys received each session are almost always less than the actual attendance because: a) Individuals did not fill them out, b) Individuals had to leave the session before it ended. Note #9). The last column "VIP" with Aaron... are the rows that are determined to be of a certain significance. Question #4: Additional Comments. Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program	File #	VIP
Date					321111b	
4/16/19	Fellow veterans share some personal thoughts about their selves and life. Which is so empowering & helpful	I get my emotions out or @ least addressed (heard) (thought of) ???	I do like the suggestion of relocation of the seating. Perhaps request if you ask of to say any WORD.	Aski if anyone has a reaction of positive negative w/out being right or wrong. Just two different perspectives. Last excerpt Duke played I name Kung Foolery Rigamarole (mixed up turmoil but beautiful dark some light	190416b	AARON12
4/16/19	I never talked about V-nam as much as I did today & feel relieved. I released some dark feelings and it made me feel a lot better. I felt that I can say things that matter to me.	The songs and comments made.	I think you guys are fine.	None	190416a	AARON11
4/9/19	When dealing with depression music has always up lifted me. Giving me a sense of comfort and peace even eliminating my depressed state.	I felt the spiritual part of the music was very strong. It enabled me to feel the aspects of the music which seemed to touch my soul. It takes me back to happier times in my life.	Its amazing how music can change feelings so rapidly. You can be joyous or sad and the tempo of the music; piece can change your feelings instantly. Dance could only improve the piece.	190409k		
4/9/19	It eases my mind, body and soul.	From start to finish.	No changes. Stay the course	mix, mix, mix	190409j	
4/9/19	Being able to reflect on Bad Times in a positive and safe environment.	Able to list others relation with the music and life. Sharing how this music effect ones soul and mine.	Its great just like it is. Lots of veterans do not know about this class or understand what its about. Try other instruments	Today I had a feeling of Deja Vu	190409i	AARON 20
4/9/19	It might help the saddest, most severe depression person out of the dark in many ways.	Familiar old songs making me feel happy and young again.	na	na	190409g	AARON 19
4/9/19	Today it help greatly have been having issues lately and a program like this help me break through	Of course the music and discussions from Dr. Duke	A outdoor event	A handout CD of selections of music	190409f	AARON18
4/9/19	na	na	na	Dear Music thanks for always clearing my head, healing my heart, and lifting my spirit.	190409e	AARON 17
4/9/19	The Beauty and variety of the music takes me into different places instead of obsessive traumatic events.	The Music which I really enjoy Remarks and discussion between songs which can be interesting	Not at this time	Enjoy this group very much	190409c	
4/9/19	The music helps to take me/others back to better - happier times in life. Very soothing and peaceful as well as uplifting!	The beauty of the music is overwhelming. Its taken me places that I didn't remember or realized that were even there.	Its hard to change something that's so "On Time;" on a scale of 1-10, this is a 9.5	Wow! Its so intense and fulfilling I could listen for days on end. Thank you so much!	190409b	AARON 15
4/9/19	Don't know if it was 4me! Tough it feels meant 2B! I've truly missed this experience. troubled w/somethings & some things conflicted w.schedule	He Ain't Heavy He's My Brother! I will carry on Faithful & True!!	How On Both sides the possibly prayfully we'll become one!!! This program helps us feel that!!!	It would be so rewarding if employees, staff, people as I like to view them would participate in Mindfulness or Music 4 the inner self to break down some of the barriers between us!	190409a	AARON 16
4/2/19	Seeking, exploring if you will, different approaches to what I already know is PTSD. Despite others skepticism so stressful to prove you want help!	na	na	na	190402j	
4/2/19	I think it would help both PTSD and depression.	I think the music is a very strong aspect of this group. I would like to hear more music and maybe less talking. The comments are important but I sometimes I feel there is too much talking. The music has such a strong influence on many and hearing more would be amazing.	I think the comments should be limited in some way so that we can hear more of the music.	Todays music selection was great. I really enjoyed the songs played.	190402i	
4/2/19	The music takes you away - It soothes you it elevates you	The instrumental of you being taken away. To another soothing place	No. I find each time a visit music class there always something new.	Too bad we don't have two pianos would love to see dual compositions.	190402g	
4/2/19	The music helps to vent the anger and sadness of ourselves buy thumping and banging on the music.	They were using music to accentuate by self expression	na	na	190402f	
4/2/19	Expresses my words w/out saying them verbally	Peers are @ individual places in their life and have different opinions and that O.K. It gives you a broad perspective	Program is working fine as it.	It delights my soul each and every time.	190402e	
4/2/19	Emotion	the moment the veteran speaking after the song.	na	Music is what feeling sound(s) like	190402c	
4/2/19	Thunder & Lighting in the mist. as a storm now the calm sets in, not its very mild as I awake from a dream.	It make me feel good , and let me know I'm getting well, feeling good about myself. A guiding light showing me the way home.	I can not suggest any changes me personally this program helps me.	Keep Coming.	190402b	
4/2/19	Why mind took me back to the 1950s when love was really love	All of it was strong aspects of the program	Not at this time. Memories that was oh so great.	Stretch out and keep missing Imagin imaging being on a plane, train, automobiles. Only in America	190402a	
3/26/19	This class is great for my PTSD/Depression: It helps me open up through thoughts of music.	The professional Piano composers. The freedom to express yourself.	No	Thank Dr. Duke	190326i	
3/26/19	It makes a new and meaning to uplifting way of hope... of being for coming out of being isolated and on(?) my own.	More bonding with my mother and other siblings	na	na	190326g	
3/26/19	na	na	na	You know I love it!!! Just can't write today.	190326f	
3/26/19	Music put me at peace with myself. I let go of my anger and clear my mind.	Hearing other opinions and feeling from the music	More time or more days.	na	190326e	
3/26/19	You listen and focus on the music so you don't think about past bad events or traumas	The enjoyment of the music. Remarks and thoughts after each song	Not at this time	Enjoy this group every week	190326c	
3/26/19	Some music touches the inner soul. Some music can make a person smile and feel jolly.	Music catches everyone's attention	Switch top the music "Summertime" "Do you know the way to San Jose?"	I love the music!	190326b	
3/26/19	It helps the concious relax	All the aspects were loud and lear. Very moving/	Changes - No. Longer pieces - Yes.	Keep doing what you're doing. Mix, mix, mix	190326a	
3/26/19	It allows me to visual (ize) and focus on feelings I can't quite express	The many different feedbacks that we all have our ideas and we can all be heard.	Keep coming. We/I are changing and processing.	Enjoyed as always!!	190326a	AARON7
3/19/19	Opened with grace light sitting on dew no end!	He Ain't Heavy - so timely lost a great friend yesterday couldn't decide how to feel, responsible for pall bearers & support. Family doesn't have to travel yet "I got it" holding his mom down 4 my nephew (his father)	Wow cold-blooded Dr. Duke !!!!	Klics to rally point under fire team moving in unison seems like music Iraqi Freedom - mis-fires.	190319x	
3/19/19	Lets your mind start to wander from the past. Relax you for the long day	The old songs Its long long road	Sing along	More time	190319w	
3/19/19	It helps to express emotion	The Vet	2 times a week.	na	190319v	
3/19/19	Evolving we all are out of it All the music.	The intensity of the music. Riders on the Storm	Even more intensity Please.	Note: this comment is crossed out: "As I sit and ponder I look out at the wild blue yonder, I listen to the keys being played, I think back of my younger days! And with affection my life is just a haze."	190319t	
3/19/19	Today I really needed this therapy. I have struggling with some issues.	The meditation of the music, really calmed my soul!	I feel this should be offered more	na	190319r	
3/19/19	Its definitely recommended	Mr. Duke ability to apply melody to his music	If its not broke, don't fix it.	na	190319p	
3/19/19	Music can bring a conscious state stable being able to change the music up.	na	na	Play some R & B	190319n	
3/19/19	The music is something I look forward to It takes my mind away from past traumas and takes me into a better frame of mind	The Music overall and variety of different tunes. The discussion and remarks after each piece are interesting	No	Enjoy this group very much	190319k	
3/19/19	Help me to forget all my problem and look for a better life because there are people that are in bader shape than me.	Let me know that I'm not the only one with problems if focus on the music will let good memories and emotions take over	Only changes I have is to make myself stop having a petty party get out of the bed. Deaf (death-?) is a part of life.	Keep the music coming	190319j	
3/19/19	It soothes the inner self it helps with the good and bad thoughts it makes me concentrate	All the aspects were strong.	Not at this time Everything was inspiring	Stay the course and keep mixing, mixing, mixing	190319i	
3/19/19	Very soothing & relaxing & mellow	the chords and melodies (?)	na	na	190319g	
3/19/19	Settled my nerves and anxiousness. Gave me something to look forward to today. Gave me another reason to come outside today even though I didn't want to.	The piano pieces The pieces were different today.	More seating areas. Seems extremely crowded sometimes, Hard to breath/focus with so much going. Needs to be more OPEN!	na	190319f	AARON21
3/19/19	na	na	na	Dramatic, intense, horror, climax, strong, gun fire	190319e	
3/19/19	Soothe the mind Help to think more clearly.	na	na	I don't understand music very well. Don't understand how else it can help. The music calmed me down, I didn't think I could skit through the session.	190319c	
3/19/19	The music consider to bring a good vibe	A freedom of hope.	na	na	190319b	
3/19/19	I'm exploring	Individual reflections	So pleased with the opportunity to appreciate the music, reflection, & the journey	The birds R all aligned. As they seek to find. Their note, their place, an offer if you will my color w/sound seems to fill An undesirable place no end in sight To ponder & reminisce A sunshines light (?) music endures the melody says in an ind complex, that mainly rears. the music starts to play, the birds R all aligned. We settle in to hear, what music seem 2 find My not, my place, my offering if you will my color w?soluund 4 the Innerself to fill An undesirable place with not an end in sight to ponder. Reminds a stronger sunshine light (?) How music endures & the melody soars In my ind complex, that mainly roars.	190319a	
3/12/19	Yes it is a very calming group even when the darker music is played	Being able to share how the music makes us feel.	None at the moment.	na	190312g	
3/12/19	My past can be used for God's Good!! Helps w/creating and applying healthy coping skills: IE Soothing thoughts opposite thought Deep breathing Mindfulness - present moment awareness. Guided imagery.	Sparking positive mémoires. Life is good. More good people in the world than evil.	na	Thank you!! You are a gift.	190312f	
3/12/19	The					

Music for the Inner Self is a program offered to veterans suffering from PTSD and TBI through Sound Minds USA, Division of Maryland Conservatory of Music. Duke Thompson, Director music@magic.com 443-243-7265	<p>Note #1. This spreadsheet shows comments received since January 1, 2019 from the sessions of "Music for the Inner Self" at Perry Point Veterans Hospital in Perryville, Maryland - no comments are guided, added, edited, or deleted - obvious misspellings/grammars are corrected, however. Hard copy originals are available. Inputs that are unsure are followed by "(?)" or "%\$#%".</p> <p>Note #2. All hard copy surveys are on file with Sound Minds USA, a Division of Maryland Conservatory of Music, and can be accessed by calling Dr. Duke Thompson @ 443-243-7265. The identity of each participant is optional on the surveys and if identities are given, they can be found on the hardcopies.</p> <p>Question #1: How do you think this program might help with PTSD/Depression, etc.? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #3. Comments in each row are from the same individual for each weekly session, identified by date.</p> <p>Note #4. Some comments may seem similar from week to week as they may be from the same individual as a number of vets come to this program repeatedly.</p> <p>Note #5. A few of the comments are hard to understand as the handwriting/grammar was inconclusive. (All hard copies are available)</p> <p>Questions #2: What did you feel were strong aspects of the program? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #6. "na" means No Answer was given.</p> <p>Note #7. There are five color-coded themes for the responses, although some of the comments could fit into more than one theme. The comments in black type are very relevant - just not necessarily a part of one of the identified theme.</p> <p>Questions #3: Can you suggest any changes that might make this program more effective? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #8. The number of surveys received each session are almost always less than the actual attendance because: a) Individuals did not fill them out, b) Individuals had to leave the session before it ended.</p> <p>Note #9. The last column "VIP" with Aaron... are the rows that are determined to be of a certain significance.</p> <p>Question #4: Additional Comments. Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	File #	VIP
Date					321111b	
2/26/19	This program touches the deep seeded feelings that are often ignored or overlooked.	Forces one to get familiar with emotions and unresolved issues.	Not at this time.	na	190226t	
2/26/19	Calming, thought-provoking	1). Expressing how the music moved me; 2). being able to venture into each other's experience.	na	na	190226q	AAron126
2/26/19	This program makes you think thru music. Discussion and thought and when others share honestly it helps me identify with my illness	Partly (?) the open discussion about Black History, and honoring a few noted musicians and composers.	Maybe in the future The VA can provide for a trip to a concert or music event.	Limit time sharing. A song was played at the end of the program called, I Don't Know what kind of Blues I got: My comment: very rhythmic, make me think about taking a walk, the change of seasons Spring Time.	190226n	AAron987
2/26/19	Keep coming back, please, as the vets need to hear your beautiful music, you and Andrew.	the tune's of Heaven	Not at this time	na	190226k	
2/26/19	It helps you think about love ones and the times that was good.	All of the music were strong aspects	No change	*&^ over and over again. Mix, Mix, Mix	190226j	
2/26/19	You can express through sound if you can't find the words @ the time.	That all are invited and you can show up and share.	Perhaps in the future make way for singing or vets to play once if they would like to share a 1 or 2 minute section (selection). Or do movement or dream how you feel.	I really LOVE this class..	190226g	
2/26/19	Death is part of life	Black history month music for February is good. Scott Joplin is a good black composer.	Nothing	This makes me escape my problem!!! Anti-tobacco Anti-drug Anti-alcohol	190226f	
2/26/19	The music takes the mind away from past traumatic events and relaxing a person.	The variety and beauty of the music. Remarks between music.	Maybe a little more music and less time on remarks which can go one too long.	na	190226e	
2/26/19	I'm glad to be in this state of mind and to have church background and to have a joyful heart.	Wisdom and mindfulness. How to have a great (&^)% love to help others who are able in the hospital inside and out (of) the hospital. Times are hard.	I'm thankful of my sobriety and to be hear more good peer support wellness book to not feeling down and out.	na	190226c	
2/26/19	It help to pick up my spirits.	The questions we ask about the music piece.	Not at the time	na	190226b	
2/26/19	A Great Deal *&^	Vets	na	na	190226a	
2/19/19	It may distract you from your worry.	I like that you played Lincoln material; for the holiday.	I like when you play Orange Blossom Express	Thank you.	190219j	
2/19/19	It makes a good news to make a good uplifting for a better (?) day. For a person feeling down an emotion(al) rescue.	Good time of people coming into my recovery. Life joyful meaning (?)	A wellness put into place A (&^)% way for newness music called Stormy Weather	na	190219g	
2/19/19	The music helps a person forget traumatic events of the past.	The music and variety of songs. Also remarks and discussion between songs.	No	Enjoy this group very much.	190219f	
2/19/19	It takes your mind off negativity and refreshes mind to go back positive	All Aspects.	Keep coming back	Stay the course. mix, mix, mix.	190219e	
2/19/19	Helps the mind remember positive experience from your past.	The pianist strong playing ability.	na	na	190219c	
2/19/19	It calms my spirit so that I can relax and feel my emotion or sit with my emotions more comfortably.	How we are able to reflect on what we feel as the music play(s). I feel free to express myself.	I think this should be offered more throughout the VA system.	na	190219b	AAron125
2/19/19	I think it helps in many ways. I have depression and coming to this group has help me in ways that any other therapy couldn't help me. It has helped me feel better about my depression and that my depression does not define me, or that it could be worse or it could be better.	I feel that one strong aspect is that we have the opportunity to express how the music makes us feel or how it helps us see differently.	na	Thank you Dr. Gardner for leading the group; Mr. Thomas for transporting our group and Duke for your commitment to playing for our group. This group is never one to miss.	190219a	AAron235
2/5/19	Embrace your darkness - there is growth in pain. Freedom comes from healing yesterday's pain and in healing that broken heart there is much spiritual gain.	Again and again the darkness turns to light, each time it is ever so bright.	Let us embrace our pain so we know a new challenge awaits us a new lesson to learn to instill a new level greatness.	na	190205n	AAron624
2/5/19	Relaxing	Vets	na	There still a way to go	190205k	
2/5/19	Takes your mind off of day-to-day stressors	Today was the religious aspect.	Don't stop.	na	190205k	
2/5/19	Very relaxing and the musical pieces are inspirational. Helps my mind to calm down.	The selections are played beautifully and some are arranged differently that I have heard before.	na	na	190205j	
2/5/19	Yes. Absolutely	The spiritual songs this week were amazing and I am so glad I was here.	Not at this time.	na	190205i	
2/5/19	Think program is so inspiring to me! So much so, if I don't get the entire class what I do get pleases me!	The calm I find w/music in comparison to other things I'm practicing come a little easier. I attach it to my new Mindfulness Practices.	na	Please pardon my tardiness "It matters to me! "	190205g	
2/5/19	Calming	na	More music - less reflection	na	190205g	
2/5/19	Music is the essence of epitome	na	na	na	190205f	
2/5/19	The music takes you into a better place away from past traumatic memories	The Music. The input between songs.	No	Enjoy this program very much.	190205e	
2/5/19	Centers frame of mind.	Discussion after each piece	Yes! I believe if the survey was given out in the beginning of the session, you would receive more heart felt response.	Gives something to think about while listening and not feel as rushed at the end	190205c	
2/5/19	It helps to reduce the stress	The comments part when you give a little history to the song.	No at this time	na	190205c	
2/5/19	Music is universal language of the planet.	The true beauty that my ears heard	Beatles, Maybe?	You inspire me Dr. Duke	190205b	
2/5/19	Very well it does wonders for me.	Again very well Awesome.	No I think it is the best it can be	Very very good. Awesome	190205a	
1/29/19	Very well it went to the heart.	The Contemporary music	No, it is all good very good.	All Good.	190129q	
1/29/19	The music probably would help a person with those challenges to relax and get into an optimistic mood.	Group interaction with the music facilitators	No	None	190129p	
1/29/19	All Good	Great Stuff	Very good. Need more	na	190129n	
1/29/19	This program helps me open up to my inner thoughts possibilities	The open discussion and helps me be tolerant of other people.	More music. Time limit on sharing.	This class should be on a larger platform	190129k	AAron123
1/29/19	The music distracts a person from past trauma	Music. Remarks after each song	Less talk. Little more music.	na	190129j	
1/29/19	It allows me to express their emotions w/out any judgement	Each veteran sharing. And getting names of composers.	None. I would like classes.	I love the new discovery of colors (?) explained in class.	190129g	
1/29/19	The music can sooth them	Strongest aspects is the ability to conform the music pieces.	No, I find this program just right.	na	190129f	
1/29/19	Its ok but I feel the music better when I'm home alone	The relating to some of the music	No	No	190129e	
1/29/19	This helps to find a softer side that is not often expressed.	The Knowledge of the performers. The open mindedness of the facilitators	Not at this time	Looking forward to next week!	190129c	
1/29/19	It helps bring up happy thoughts	The Feedback. the pianist very caring and compassionate attitude	None or maybe bring in a guitar for accompaniment	na	190129b	
1/29/19	Helps to come down	Just the music alone gives some relief.	na	na	190129a	
1/22/19	Its like having goal that you want to achieve	Its elaborating mind and pursuing.	Divide your mind and conquer your thoughts.	Stay the course mix mix and mix	190122i	
1/22/19	A. It takes you mind off of reality for a minute. B. Somewhat relaxes you	A peace of mind	If one plays an instrument to join in.	Like the experience	190122g	
1/22/19	I love the way it helps me with my depression and anxiety.	That we talk about how each piece played made us feel or where it took our mind.	na	Always amazing and enjoying to be at this class.	190122f	
1/22/19	What better method - to be able to go away in, out wherever you're taken & be right w/it no matter what. I feel like I want more of!	Discussion after the pieces. no judgement.	I feel so much better after!	na	190122e	
1/22/19	This program is one of the best that I attend here at Perry Point. It helps me with my depression/PTSD because it sooth me and brings me peace. It also helps me with my ,emroy.	The music is a strong part of my recovery. The way Duke gives us the time to explain what each tune means to me. The opens Duke gives us.	None	na	190122c	
1/22/19	na	na	na			

<p>Music for the Inner Self is a program offered to veterans suffering from PTSD and TBI through Sound Minds USA, Division of Maryland Conservatory of Music. Duke Thompson, Director musicismagic.com 443-243-7265</p>	<p>Note #1. This spreadsheet shows comments received since January 1, 2019 from the sessions of "Music for the Inner Self" at Perry Point Veterans Hospital in Perryville, Maryland - no comments are guided, added, edited, or deleted - obvious misspellings/grammars are corrected, however. Hard copy originals are available. Inputs that are unsure are followed by "(?)" or "%\$#%". Note #2. All hard copy surveys are on file with Sound Minds USA, a Division of Maryland Conservatory of Music, and can be accessed by calling Dr. Duke Thompson @ 443-243-7265. The identity of each participant is optional on the surveys and if identities are given, they can be found on the hardcopies. Question #1: How do you think this program might help with PTSD/Depression, etc.? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #3. Comments in each row are from the same individual for each weekly session, identified by date. Note #4. Some comments may seem similar from week to week as they may be from the same individual as a number of vets come to this program repeatedly. Note #5. A few of the comments are hard to understand as the handwriting/grammar was inconclusive. (All hard copies are available) Questions #2: What did you feel were strong aspects of the program? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #6. "na" means No Answer was given. Note #7. There are five color-coded themes for the responses, although some of the comments could fit into more than one theme. The comments in black type are very relevant - just not necessarily a part of one of the identified theme. Questions #3: Can you suggest any changes that might make this program more effective? Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>Note #8. The number of surveys received each session are almost always less than the actual attendance because: a) Individuals did not fill them out, b) Individuals had to leave the session before it ended. Note #9. The last column "VIP" with Aaron... are the rows that are determined to be of a certain significance. Question #4: Additional Comments. Themes have been color coded as follows: Blue Theme: Calms mind and lessens trauma. Green Theme: Keep/Expand the program. Let others know of it. Orange Theme: Brings back emotions Purple Theme: Hearing other Perspectives Red Theme: Thank You/Enjoy Program</p>	<p>File #</p>	<p>VIP</p>
Date					321111b	
1/8/19	Very informative	na	na	na	190108e	
1/8/19	RELAXATION	The time when the music was upbeat.	na	na	190108c	
1/8/19	na	Memories of good & bad	don't change	na	190108b	
1/8/19	Yes..	Peace of mind	No	na	190108a	