

Oregon Senate Committee on Veterans and Emergency Preparedness, May 27, 2021

Combined Music and Arts Therapy



Informational Meeting presented by

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COMBINED MUSIC and ARTS THERAPY CMAT

The Guitars for Vets Model

Three year trial program at Jasper Mountain SAFE Center

**The musical instruments are earned through effort.
Students receive other artistic supplies and exposure.**



COMBINED MUSIC and ARTS THERAPY

**Jasper Mountain S.A.F.E. Center and Main Campus
Head Start**

Emerald Valley Boys and Girls Clubs

SVDP Youth House

Hosea Resources Center

Guitars for Vets



Neuroplasticity

**Old damaged neurons can be replaced with healthy new neurons.
The brain can develop different, more efficient neural pathways.
Brain capacity can be increased, but it requires focus and work!**

**Just as unused muscles atrophy, so will unused areas of the brain.
Good health requires the continuous exercise of both.**



Scientific Studies Include These Findings:

Music students tend to excel academically in school.

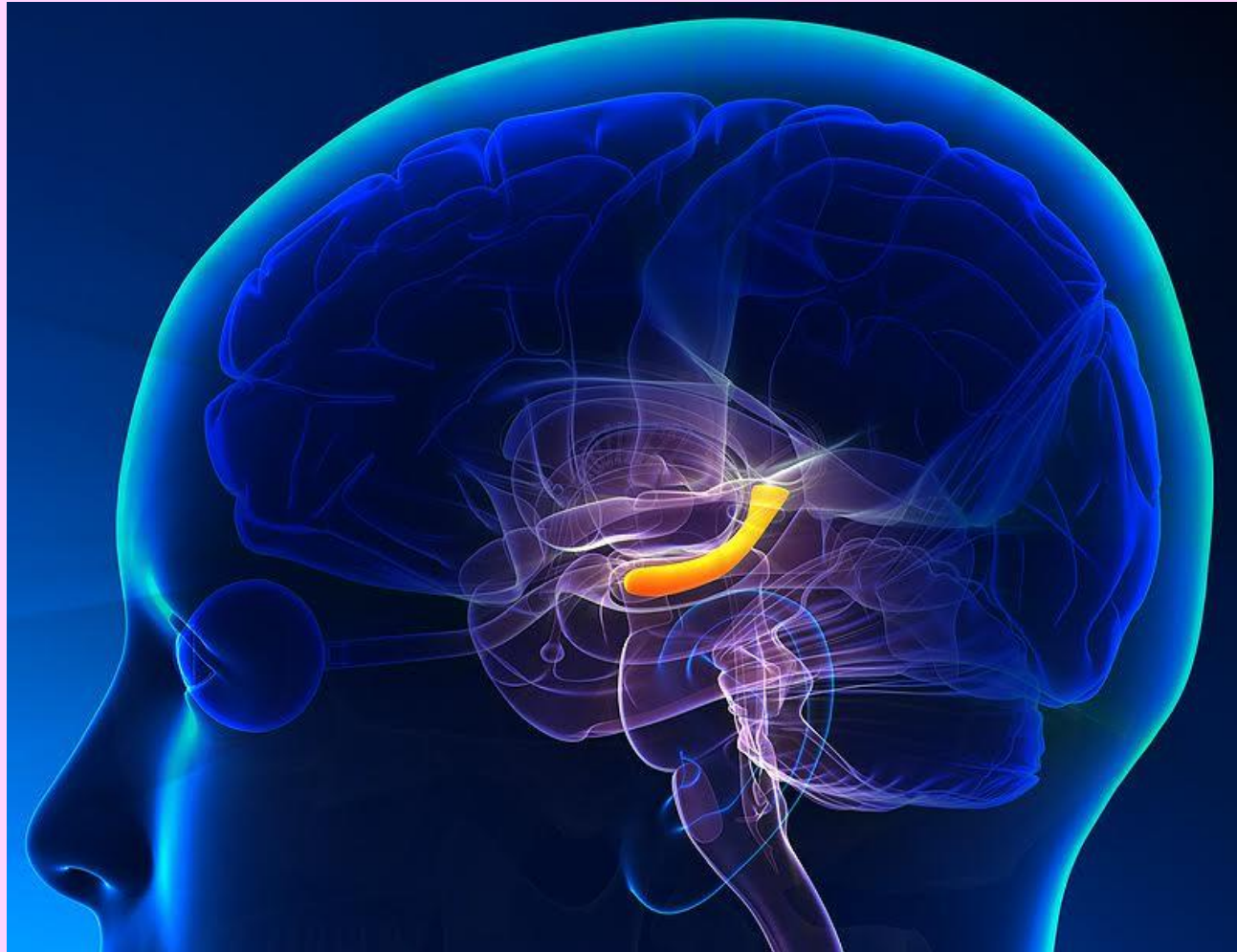
Musicians over time may increase brain capacity by 30%

The human brain has a section dedicated to music which will “dump” millions of neurons if unused by 8 years of age.

How Can We Best Treat PTSD?

**Desensitize or
Resensitize?**

Key Components of the Brain





Mental and Physiological Reaction to Stress

**Cognitive Response to Threat
Process to Action Decision**



Bodily (Somatic) Reaction to Threat

**Heart rate, Breathing rate
Adrenaline and hormone activity**

**Subliminal brain is up to 30 times faster than our conscious brain, and 90% of brain activity.
Unless we intervene with rational thought, our emotions rule and may run amok!**

Categories of Threat Response

Fight
Flight
Freeze

(Indifference?)

Importance of Freeze Discharge

If there is a freeze response to a traumatic event, the fear cycle is not completed without a “freeze discharge”, consisting of shuddering, shaking, and other responses similar to coming out of shock.

A discharge corrects the freeze response.

Absent that, the brain remains in an uncompleted fear response mentally and physiologically, with memory misfires, time distortion and confusion.

Memory is in Limbo

A triggering stimulus from the sensory organs tricks the mind into thinking the traumatic event is recurring and the amygdala generates the emotion-based signal reaction which again calls for a cognitive reaction and a fight or flight response. The individual with PTSD is now reliving the experience, not as a memory, but as a present threat!

Music May Generate “Freeze Discharge”

There is a theory that emotional reactions to music, such as chills, goosebumps, tears, and other heightened emotional responses, may provide the needed response to restore better brain activity and help “reboot” the brain.

The same may be true of other art forms.

Homeless Joe



Blues Ballad about Homeless Jo(e)

I did a tour in Iraq.

(Combat exposure)

Friends died, but I came back.

(Survival guilt)

I was battle scarred,

(Mentally and physically)

And my soul was charred.

(Moral trauma)

I need some help, man, that's a fact!

**(Realization of problem,
and the need for outside
intervention)**

Blues Ballad about Homeless Jo(e)

I was abused for all my life.

(Traumatic childhood)

I've lived a lot of family strife.

(Neglect, abuse, lack of proper parenting)

Always put to shame,

(Lack of love, nurturing, or positive motivation)

Never proud of my name,

(Lack self-esteem, shame)

Words can slash you like a knife

(Words as weapons can trigger negative emotions and destructive acts)

Blues Ballad about Homeless Jo(e)

[Joe acquires a guitar.]

I learned to play it real well.

(Motivated self-help)

How much it helps me time will tell.

(Long-term maintenance)

I know it makes me feel,

(Resensitizing musically)

Like a person who's real,

(Honest introspection)

I can crawl out of my shell

**(Gaining social skills and
new pride in abilities)**

Blues Ballad about Homeless Jo(e)

Life's not as bad as I thought,

And I'm learning a lot.

The sounds are helping me to see.

I had been a fool,

Now natural high's the rule.

To play sets my mind free.

(Mood improvement)

(Cognitive analytic skills)

**(Good vibrations induce
healthy new brain cells)**

(Bad behavior, addiction)

(Music dampens pain)

(Clear thinking is good)

Blues Ballad about Homeless Jo(e)

Dare I say I'm feeling good.

(Improved mental health)

I didn't dream I really would.

(Exceeded expectations)

It helps me find my way,

(Enables self-therapy)

Through another day,

(Patience, day by day)

Singing brightens up my mood

**(Music strongly enables
positive mental health)**

Blues Ballad about Homeless Jo(e)

**If you can hear what I can do,
You can play some music, too.
Volunteers are nice,
They help you find some spice,
Teach you things to get you through**

**(Music center of brain)
(Mindfulness techniques)
(Trained volunteer needs)
(Mentorship, creativity)
(Enable self-reliance,
therapy by partnership)**

COMBINED Music and ARTS THERAPY

Stimulative of the five senses via multiple media
Emphasis on group participation and performance
Designed to enhance friendships and self-esteem
Promote Self-Therapy Options
Continue with follow-on programs.

The brain is resilient and can be “rewired”.

Kim's Foundation Purposes and Programs

Information and Education

Facilitate Research and New Methods

Develop Partnerships Toward Common Goals

Annual PTSD Symposium

Community PTSD Task Force

Assist U of O Music Therapy Initiative

“Just Give Them Love”



Our motto: “Harmony with Integrity”