

Don't Let the Sun Go Down on Me: Music and Medicine as Integrative Treatment in Depression at The Louis Armstrong Center for Music and Medicine

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Depression debilitates many millions of people, including musicians, a particularly vulnerable population. Comprehensive treatment plans consistently prove to be the most effective, versus medication or psychotherapy or self-help strategies alone, but we lack enough evidence-based integrative adjuncts to unified depression care. However, the research on and experience with musical antidotes for mood disorders are impressive. At The Louis Armstrong Center for Music and Medicine, clinical improvisation in music, within our music and medicine holistic approach to lifting and preventing depression in musician patients, operates simultaneously on physiological, symbolic and relational levels. Our co-treatment design in general will be presented. Included will be our music psychotherapy's capacity for unconscious psychic movement in the moment, like the movement of music itself, for our depressed musician clients.