

An Introduction to MER, a New Music Psychotherapy Approach for PTSD and Emotional Injure

Tian Gao

Abstract

This presentation describes a new music psychotherapy approach for the clients with posttraumatic stress disorder (PTSD) and negative life events: Music Entrainment and Reprocessing (MER). This method I developed for about 8 years and has showed extremely powerful and effective to treat people who have suffered from trauma and emotional injure. The presentation will explain the neurological mechanism of MER, and the practice and outcomes.