**Paper: The 12th European GIM Conference (Athens, Greece)**

**Title** (15 words): The feasibility of Music and Imagery with refugees diagnosed with PTSD

**Key words** (5): GIM, PTSD, refugees, mixed methods,

**Summary (250 words)**

Traumatized refugees suffer not only from complex traumatization, but also struggle with acculturation, social problems and a new language. Therapeutic treatment often involves a translator, which makes the process more complex. Standard treatment of refugees with verbal psychotherapy or multidisciplinary treatment has generated a small effect in meta-analyses (Patel et al., 2014; Slobodin & Jong, 2015). As music can create an immediate contact beyond words, we proposed that Music and Imagery could be beneficial.

Sixteen adult refugees diagnosed with PTSD received sixteen one hour sessions of individual phase-oriented MI trauma treatment in a psychiatric clinic. A mixed methods design was adapted with pre and post measures of trauma symptoms (HTQ), sleep quality (PSQI), well-being (WHO-5) and social function (GAF-F). Post session evaluation from all sessions and post treatment interviews were analysed and categorized. A purposive sample of video clips showing episodes with music listening was analysed using a phenomenological approach.

All participants completed their therapies. Significant changes with large effect sizes were found on all four measures. Average participant-ratings of sessions were high. The analysis of interviews showed improved health, agency, trust, coping with trauma, and a change in the use of music at home. The video analysis showed that music helped to stabilize, identify inner resources, activate social engagement, contain mixed emotions, and process traumatic memories.

Music and Imagery generated significant improvement and patient satisfaction, and a randomized controlled trial comparing GIM with verbal therapy with 70 subjects has been initialized.

**Related to theme**

Europe is presently facing a huge challenge with thousands of newly arrived refugees, many of them severely traumatized. We hope to contribute with experience-based innovative treatment options based on Guided Imagery of Music.

**References (max. 5)**

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**Short CV including GIM credentials (60 words):**

Torben Moe and Bolette Beck are FAMIs and Primary Trainers; Julie Krøier is music therapist and FAMI. Catharina Messel (music therapist) and Steen Meyer (cand.mag. Psychology/Philosophy) are advanced GIM students. All have contributed to the study, and are (except for Catharina) presently working in Clinic for traumatized refugees in Denmark. Bolette Beck is assistant professor at Aalborg University.

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**Equipment needs:**

Audio playback equipment, projector (power point).