



Music and Counseling: An Intersection for Communication and Wellness

The skills of listening, mirroring, and real-time improvisation build communication and rapport, whether on the stage or in a counseling session.

Mary A. Hermann, Ph.D., LPC, NCC with Antonio J. García, M.M.

The Association for Adult Development & Aging 2025 Conference



*Thank you
for all you do,
And thank you
for coming!*



Some music for you...



Music is part of Mary's wellness program.



Music is part of Mary's wellness program.



That tune was the title track of her album,
Joy Spring.

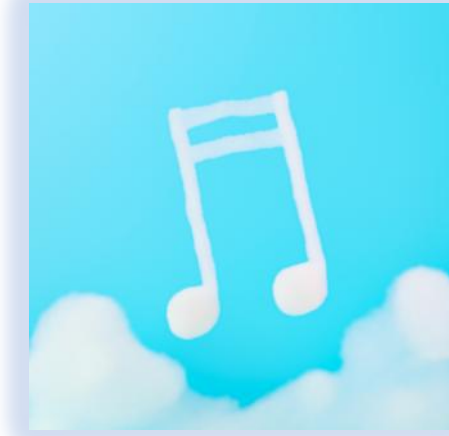
music: Clifford Brown (BMI)

lyrics: Ted Humphrey (PRS)



As we go forward, please note that ***we'll post a QR code at the end of our session*** for this information so that you don't need to take detailed notes during our session.

We expect to share thoughts regarding music and wellness in counseling and in music; the inherent importance of *waves* in our lives; mental health challenges *within* the music profession (and some movements towards addressing them); overlap of counselor and musician training; research on the benefits of creativity for the aging community; opportunities for creativity (especially musically) in later years;



and means for the aging population to find personal relevance and meaning through the creative arts (such as music). We'll provide a resource list. All this promotes Holistic Wellness, Equity, and Resilience towards Nurturing Mental Health Across the Lifespan as well as Helping Relationships and Group Dynamics.

And we'll perform some live music!



Introduction

- Mary A. Hermann, J.D., Ph.D., LPC
 - Professor, University of the Cumberland
 - Taught in the Counseling Programs at Loyola University New Orleans, Virginia Commonwealth University, and Mississippi State University



Introduction

- Mary A. Hermann, J.D., Ph.D., LPC
 - Professor, University of the Cumberland
 - Taught in the Counseling Programs at Loyola University New Orleans, Virginia Commonwealth University, and Mississippi State University
 - Taught in Women's Studies programs at Virginia Commonwealth University and Mississippi State University.
 - Served as affiliate faculty in the VCU Institute for Women's Health
 - Research on lifespan development and wellness
 - Founding director of the Women's Lifespan Development Research Lab



Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.



Both born in New Orleans.
Lived 7 miles apart.
Did not know each other.

Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).



Both born in New Orleans.
Lived 7 miles apart.
Did not know each other.

Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.



Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.
- He then accepted a post at Northwestern U.



Both born in New Orleans.
Lived 7 miles apart.
Did not know each other.

Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.
- He then accepted a post at Northwestern U.
- He moved to Virginia Commonwealth U.



Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.
- He then accepted a post at Northwestern U.
- He moved to Virginia Commonwealth U.
- That same year Mary took her first full-time post at Mississippi State.



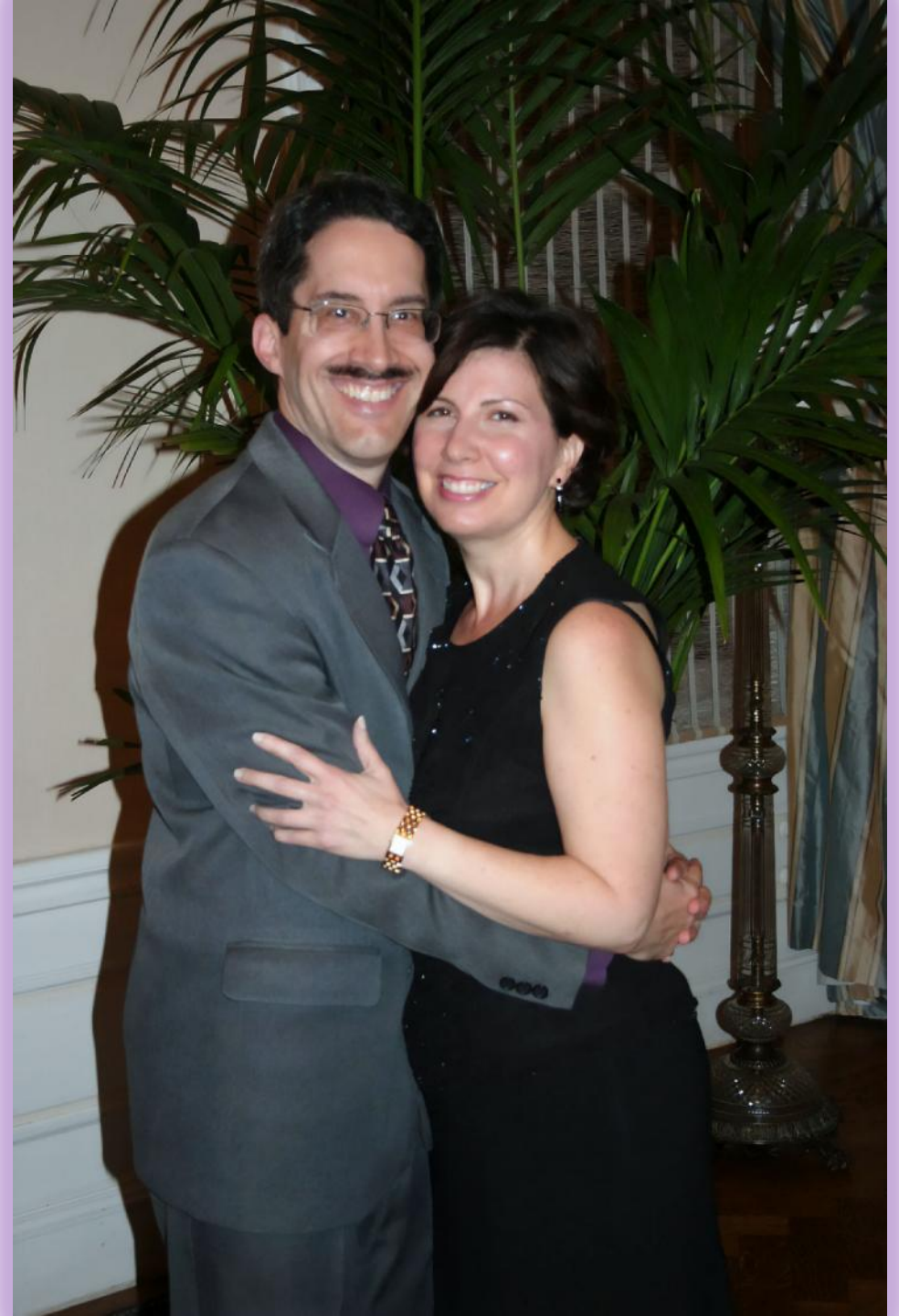
Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.
- He then accepted a post at Northwestern U.
- He moved to Virginia Commonwealth U.
- That same year Mary took her first full-time post at Mississippi State.
- She moved to VCU in 2006, and they met.



Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.
- He then accepted a post at Northwestern U.
- He moved to Virginia Commonwealth U.
- That same year Mary took her first full-time post at Mississippi State.
- She moved to VCU in 2006, and they met.



Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.
- He then accepted a post at Northwestern U.
- He moved to Virginia Commonwealth U.
- That same year Mary took her first full-time post at Mississippi State.
- She moved to VCU in 2006, and they met.
- They married in 2008, and her daughter became their daughter.



Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.
- He then accepted a post at Northwestern U.
- He moved to Virginia Commonwealth U.
- That same year Mary took her first full-time post at Mississippi State.
- She moved to VCU in 2006, and they met.
- They married in 2008, and her daughter became their daughter.
- Grandchild #1 arrived October 2017.



Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.
- He then accepted a post at Northwestern U.
- He moved to Virginia Commonwealth U.
- That same year Mary took her first full-time post at Mississippi State.
- She moved to VCU in 2006, and they met.
- They married in 2008, and her daughter became their daughter.
- Grandchild #1 arrived October 2017.
- Grandchild, daughter, and her husband moved back to New Orleans December 2020.



Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.
- He then accepted a post at Northwestern U.
- He moved to Virginia Commonwealth U.
- That same year Mary took her first full-time post at Mississippi State.
- She moved to VCU in 2006, and they met.
- They married in 2008, and her daughter became their daughter.
- Grandchild #1 arrived October 2017.
- Grandchild, daughter, and her husband moved back to New Orleans December 2020.
- Mary and Tony moved back to New Orleans July 2022.



Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.
- He then accepted a post at Northwestern U.
- He moved to Virginia Commonwealth U.
- That same year Mary took her first full-time post at Mississippi State.
- She moved to VCU in 2006, and they met.
- They married in 2008, and her daughter became their daughter.
- Grandchild #1 arrived October 2017.
- Grandchild, daughter, and her husband moved back to New Orleans December 2020.
- Mary and Tony moved back to New Orleans July 2022.
- Grandchild #2 arrived August 2022.



Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.
- He then accepted a post at Northwestern U.
- He moved to Virginia Commonwealth U.
- That same year Mary took her first full-time post at Mississippi State.
- She moved to VCU in 2006, and they met.
- They married in 2008, and her daughter became their daughter.
- Grandchild #1 arrived October 2017.
- Grandchild, daughter, and her husband moved back to New Orleans December 2020.
- Mary and Tony moved back to New Orleans July 2022.
- Grandchild #2 arrived August 2022.



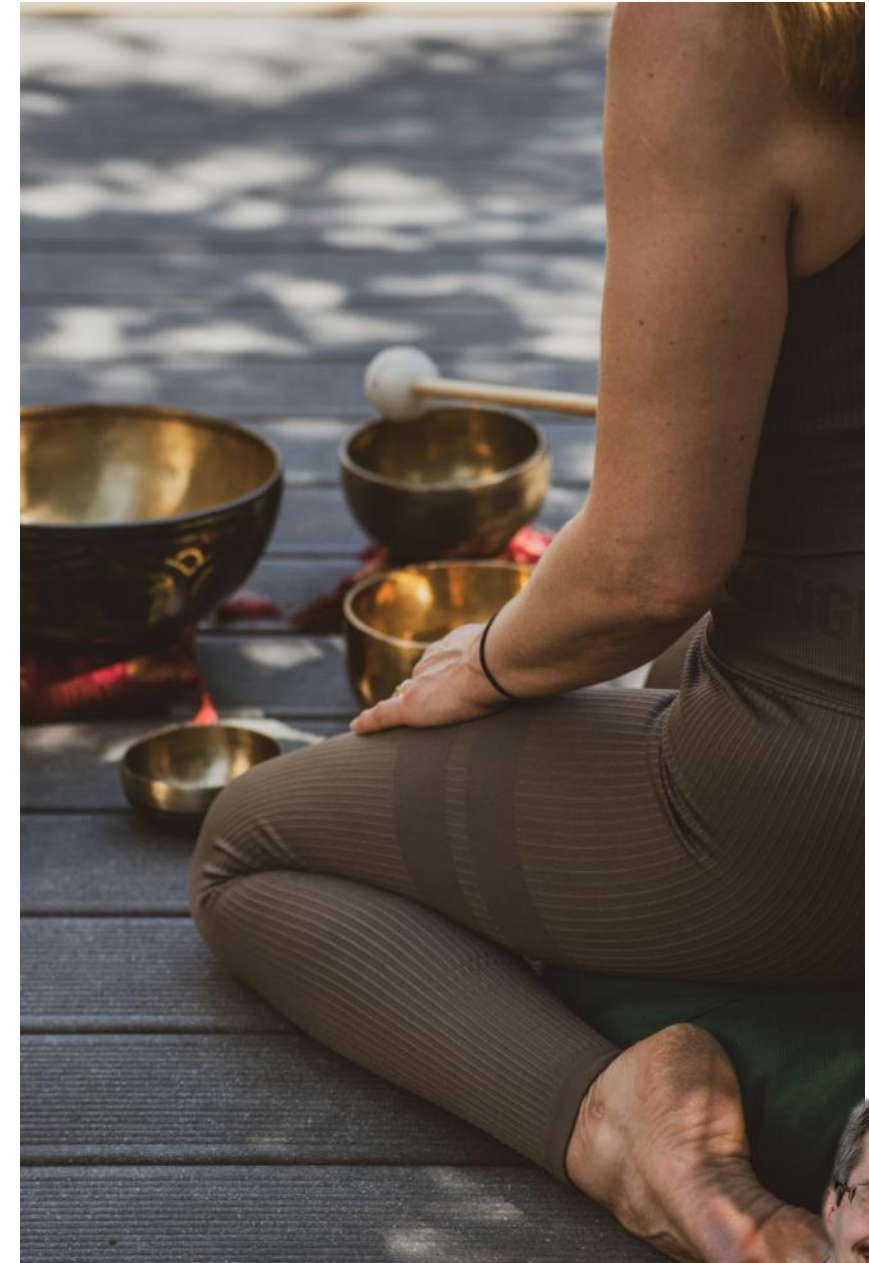
Our Path

- Uptown boy and Lakefront girl in New Orleans, never met.
- When in college, Tony sometimes played music with Mary's dad (but didn't know she existed). Tony dated a girl from Mary's high school (but Mary was four years younger).
- Tony left NOLA for full-time teaching at Northern Illinois U.
- He then accepted a post at Northwestern U.
- He moved to Virginia Commonwealth U.
- That same year Mary took her first full-time post at Mississippi State.
- She moved to VCU in 2006, and they met.
- They married in 2008, and her daughter became their daughter.
- Grandchild #1 arrived October 2017.
- Grandchild, daughter, and her husband moved back to New Orleans December 2020.
- Mary and Tony moved back to New Orleans July 2022.
- Grandchild #2 arrived August 2022.
- Mary taught full-time and then part-time at Loyola, is now full-time Professor teaching remotely at the University of the Cumberlands.
- Tony teaches, writes, and performs music flex-time around the U.S. while they both assist grandkids most school-days!



Music and Wellness in Counseling

- Wellness plan?
- Use music as part of wellness plan?
- Use music as a way to connect with clients?
- Encourage use of music as part of clients' wellness plans?



Tony's Med/Mental Health Cred



(more or less)

- Neurosurgeon

- Neurosurgeon



- Neurosurgeon
- Nurse



- Neurosurgeon
- Nurse
- Psychology Major

Father (really not me!)



- Neurosurgeon
- Nurse
- Psychology Major
- Music Therapist

Father (really not me!)

Mother (really not me!)



- Neurosurgeon
- Nurse
- Psychology Major
- Music Therapist
- Special Ed Major

Father

Mother

Sister (you get the picture...)



- Neurosurgeon
- Nurse
- Psychology Major
- Music Therapist
- Special Ed Major
- Pre-Med Major

Father

Mother

Sister

Sister (and so it goes...)



- Neurosurgeon
- Nurse
- Psychology Major
- Music Therapist
- Special Ed Major
- Pre-Med Major
- Counselor

Father

Mother

Sister

Sister

Sister (yep...)



- Neurosurgeon
- Nurse
- Psychology Major
- Music Therapist
- Special Ed Major
- Pre-Med Major
- Counselor
- Special Ed Teacher

Father

Mother

Sister

Sister

Sister

Brother

- Neurosurgeon
- Nurse
- Psychology Major
- Music Therapist
- Special Ed Major
- Pre-Med Major
- Counselor
- Special Ed Teacher
- Physicist

Father

Mother

Sister

Sister

Sister

Brother

Wife

- Neurosurgeon
- Nurse
- Psychology Major
- Music Therapist
- Special Ed Major
- Pre-Med Major
- Counselor
- Special Ed Teacher
- Physicist
- Biologist

Father

Mother

Sister

Sister

Sister

Brother

Wife

Daughter

- Neurosurgeon *Father*
- Nurse *Mother*
- Psychology Major *Sister*
- Music Therapist *Sister*
- Special Ed Major *Sister*
- Pre-Med Major *Brother*
- Counselor *Wife*
- Special Ed Teacher *Daughter*
- Physicist *Father-in-Law*
- Biologist

- Neurosurgeon
- Nurse
- Psychology Major
- Music Therapist
- Special Ed Major
- Pre-Med Major
- Counselor
- Special Ed Teacher
- Physicist
- Biologist

Father

Mother

Sister

Sister

Sister

Brother

Wife

Daughter

Father-in-Law

Mother-in-Law

But in truth...



But in truth...

- 47 years as a professional musician
 - with 70 major artists including Ella Fitzgerald, Louie Bellson, Dave Brubeck, and Phil Collins





But in truth...

- 47 years as a professional musician
 - with 70 major artists including Ella Fitzgerald, Louie Bellson, Dave Brubeck, and Phil Collins
 - composer of symphonic and of instrumental and vocal jazz and chamber works





But in truth...

- 47 years as a professional musician
- 35 years as a full-time music professor
 - 2 books, 150 articles



But in truth...

- 47 years as a professional musician
- 35 years as a full-time music professor
 - 2 books, 150 articles
 - 30 years as a journal editor



But in truth...

- 47 years as a professional musician
- 35 years as a full-time music professor
 - 2 books, 150 articles
 - 30 years as a journal editor
 - residencies include Canada, Europe, South Africa, Australia, The Middle East, and across the United States

- tenured at Northern Illinois University, Northwestern University, and Virginia Commonwealth University



But in truth...

- 47 years as a professional musician
- 35 years as a full-time music professor
- Despite a history of allergies and asthma, 34 years straight without missing a day of work for illness! (*Wellness, anyone?*)



But in truth...

- 47 years as a professional musician
- 35 years as a full-time music professor
- 34 years straight without missing a day of work for illness
- Presented at regional and national music therapy conferences, national and international creativity conferences and music conferences: over 170 presentations total

But in truth...

- 47 years as a professional musician
- 35 years as a full-time music professor
- 34 years straight without missing a day of work for illness
- Presented at regional and national music therapy conferences, national and international creativity conferences and music conferences: over 170 total
- a lifetime of experience in group dynamics, building relationships, supporting wellness, exploring social and cultural foundations, and seeking innovative teaching methods





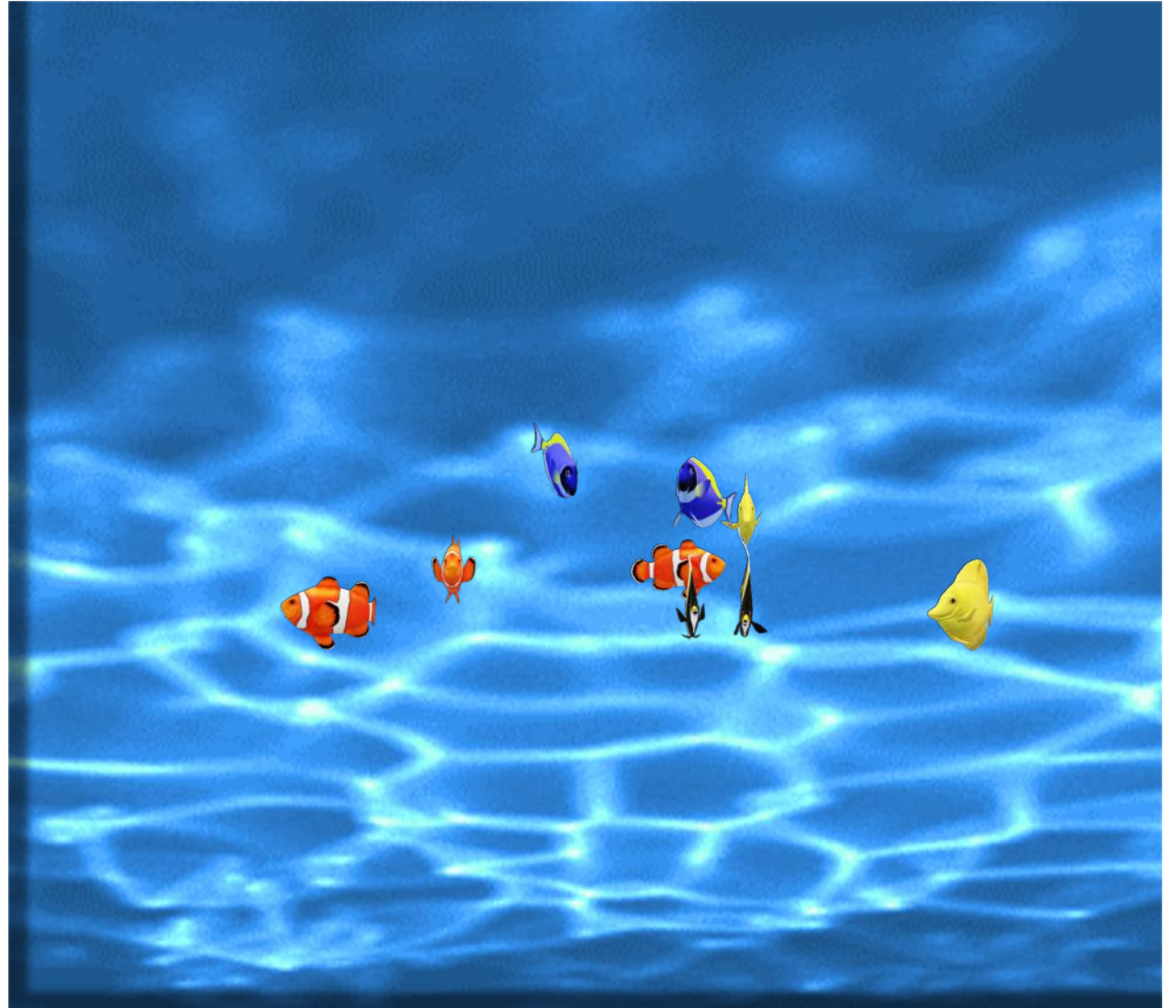
Music, the Music Industry, and Mental Health

- MOTION is healthy for us.

- MOTION is healthy for us.

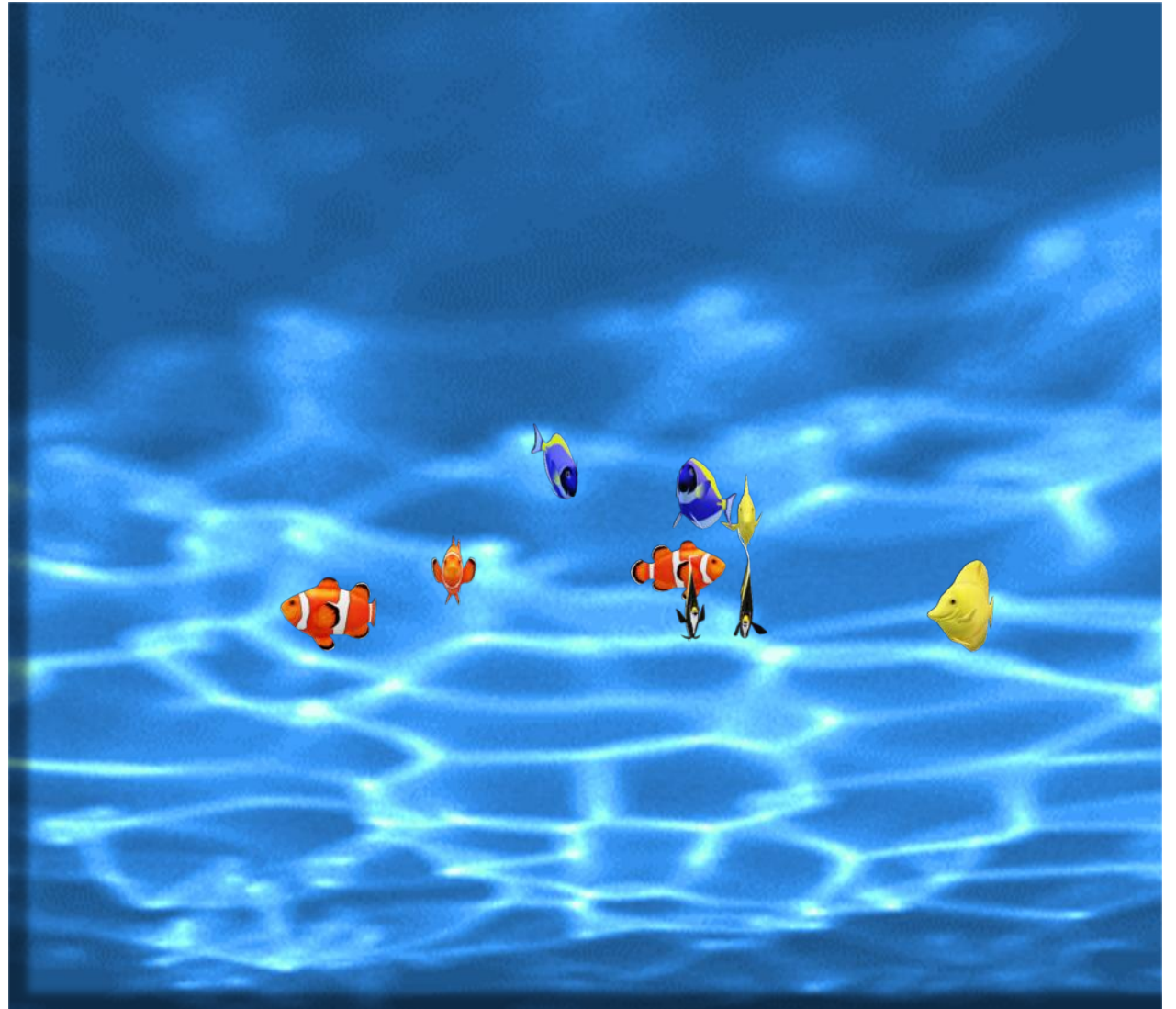


- MOTION is healthy for us.
- WAVES are a form of motion.
 - The moment I set foot in a pool, I feel waves of calm.



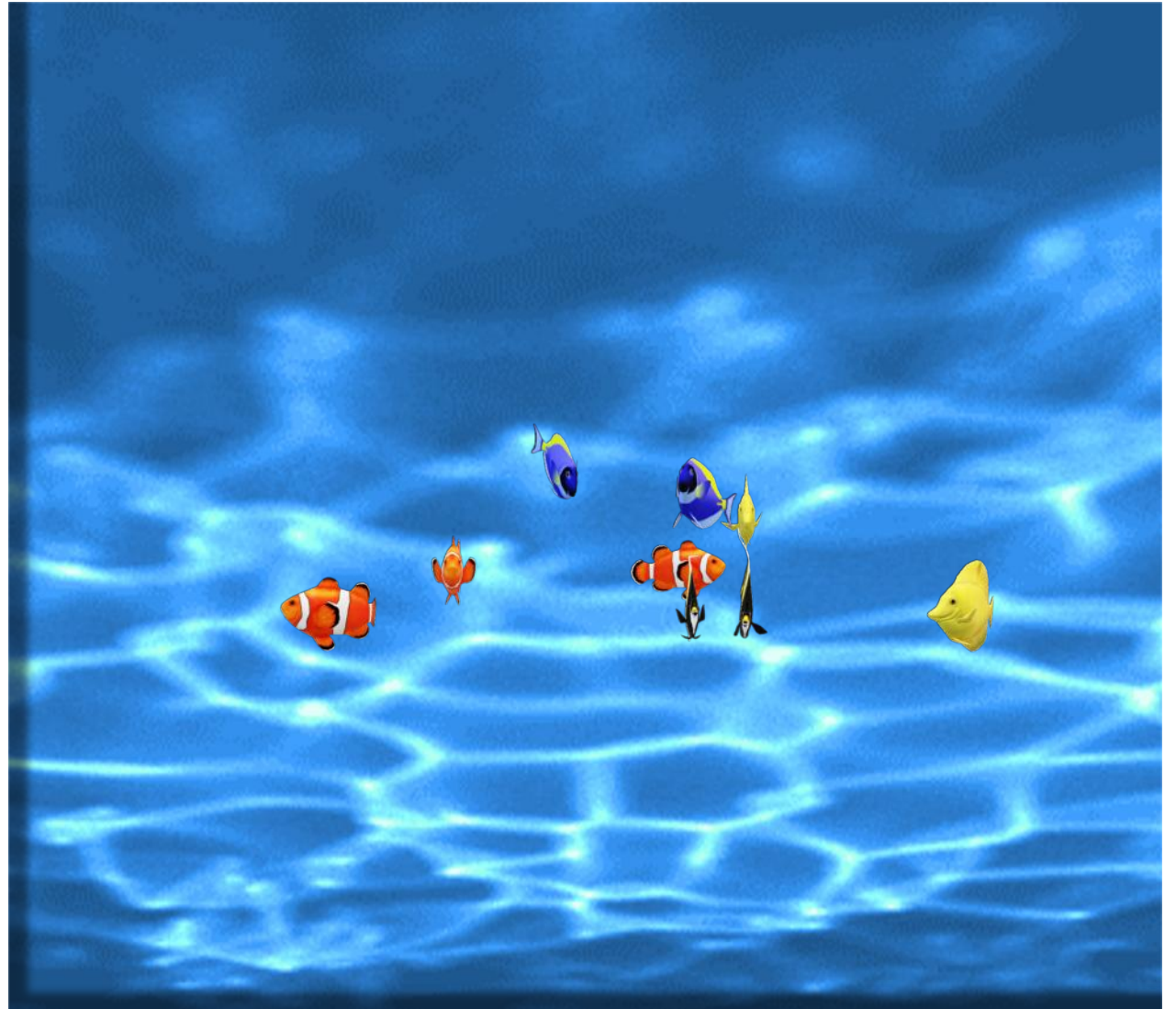
- MOTION is healthy for us.
- WAVES are a form of motion.
 - The moment I set foot in a pool, I feel waves of calm.
 - I like to think this may in part be because I was born still in the caul. An “en caul birth” happens in less than 1 in 80,000 births.*

**Healthline*



- MOTION is healthy for us.
- WAVES are a form of motion.
 - The moment I set foot in a pool, I feel waves of calm.
 - I like to think this may in part be because I was born still in the caul. An “en caul birth” happens in less than 1 in 80,000 births.*
 - This may be why I like the “status quo” in many parts of my life—except in jazz!

**Healthline*



- Heard of the phrase “*Music to my ears*”?

- Heard of the phrase *“Music to my ears”*?



- *EMOTION* is healthy for us.

- *EMOTION* is healthy for us.



- EMOTION is healthy for us.
- SOUND WAVES are a form of motion, washing over us.



- EMOTION is healthy for us.
- SOUND WAVES are a form of *motion*, washing over us.
 - The right music for the moment can alter our moods, our brain, and our body for the better.



- EMOTION is healthy for us.
- SOUND WAVES are a form of *motion*, washing over us.
 - The right music for the moment can alter our moods, our brain, and our body for the better.
 - We experienced during COVID the harsh reality of living without the *soundwaves* we cherish. Even broadcasted sound and recorded sound did not have the same positive impact on us as *live soundwaves*.



DANIEL J. LEVITIN

I HEARD
THERE WAS
A SECRET
CHORD

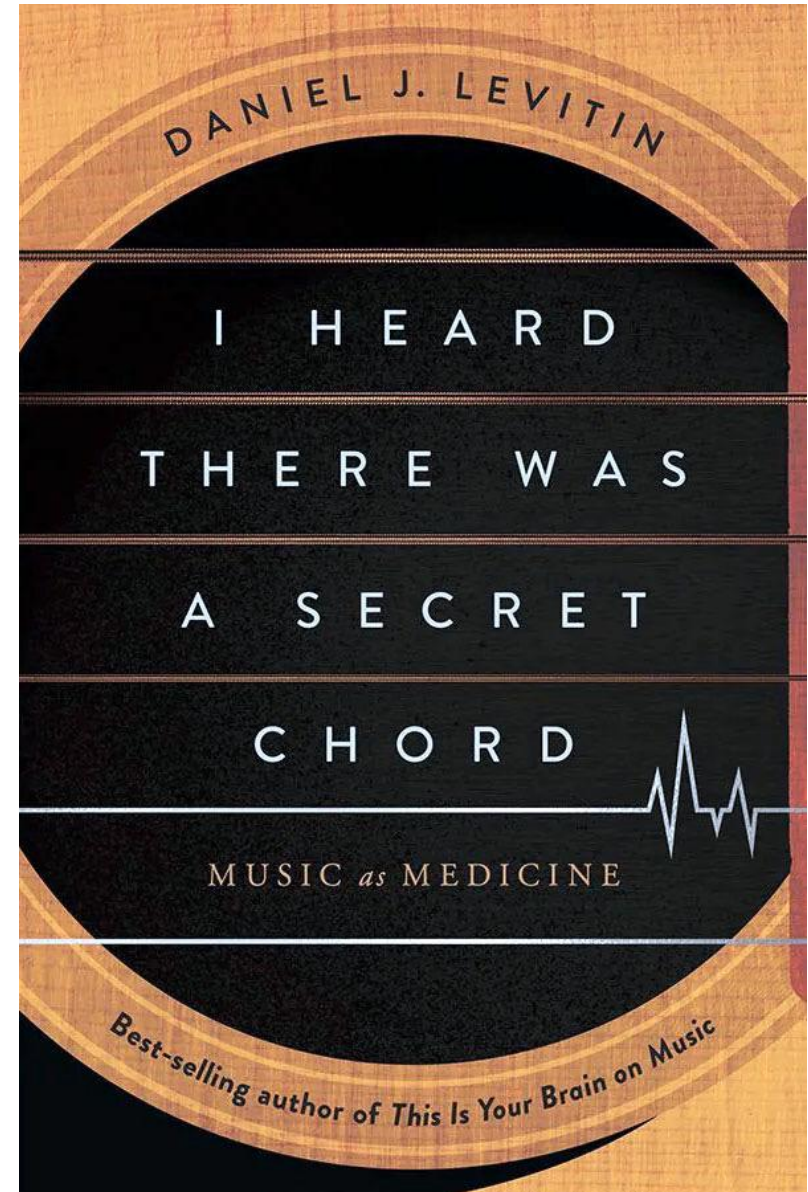
MUSIC *as* MEDICINE

Best-selling author of *This Is Your Brain on Music*

Daniel Levitin is author of the book "*I Heard There Was a Secret Chord: Music as Medicine.*"

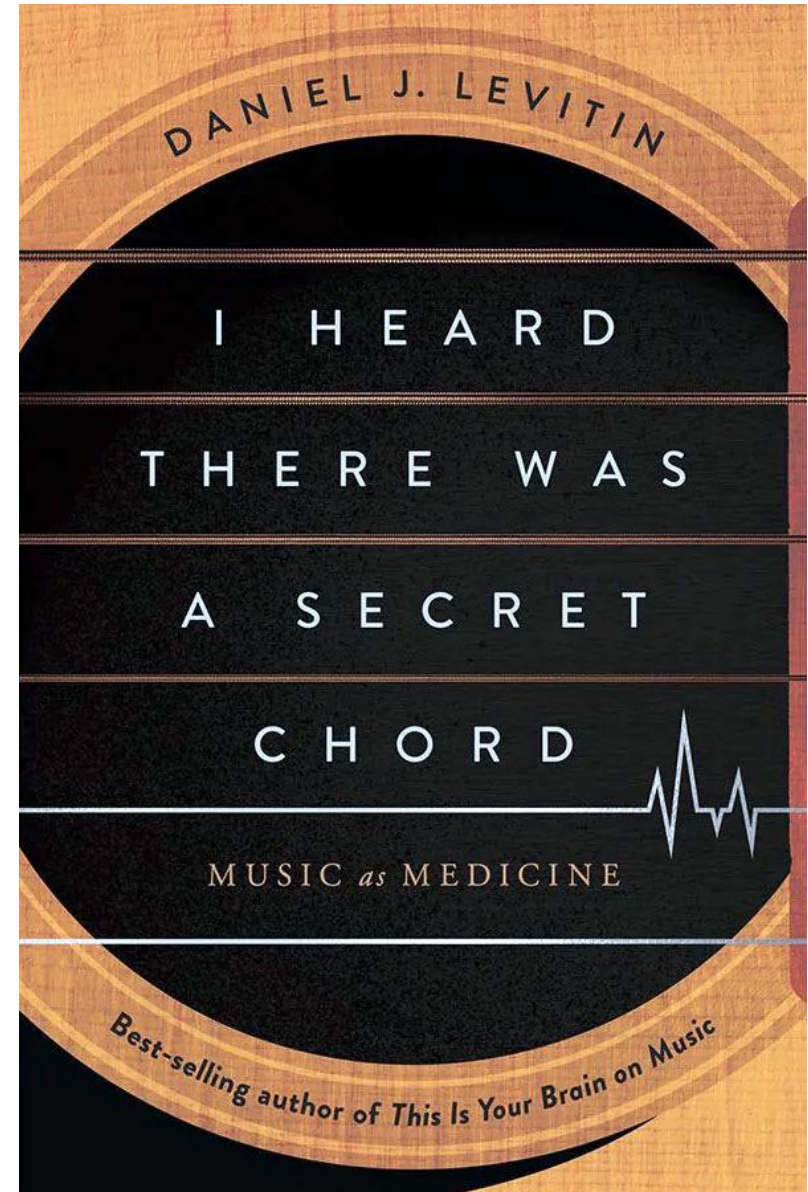


published August 2024
Norton, W. W. & Company, Inc.
ISBN-13: 9781324036180
416 pages



Daniel Levitin is author of the book "*I Heard There Was a Secret Chord: Music as Medicine.*"

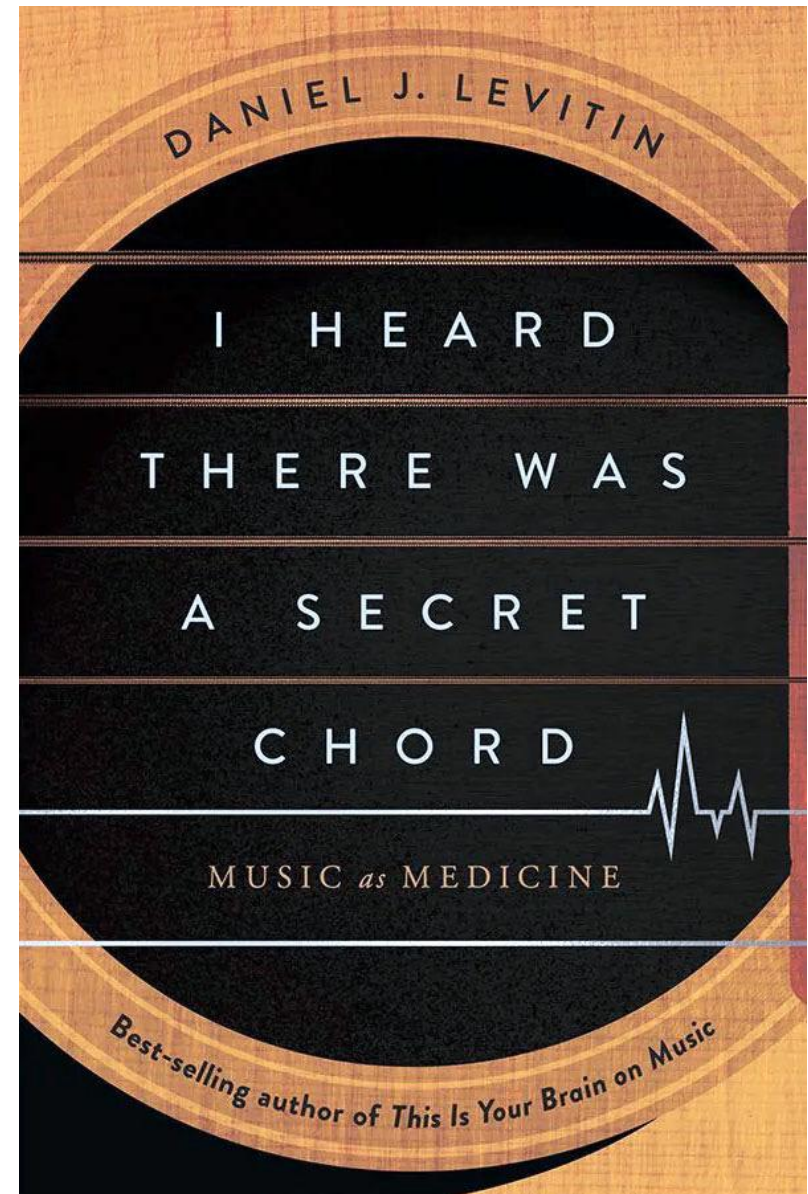
He states in Chapter 1:



Daniel Levitin is author of the book *"I Heard There Was a Secret Chord: Music as Medicine."*

He states in Chapter 1:

"It is no accident that the word 'motion' is part of the word 'emotion.' Both come from the Latin emovere: to move, move out, or move through. As music moves through us, it signals, exercises, and invokes emotions...."



Dr. Levitin earned his B.A. from Stanford in Cognitive Science, his M.Sc. and Ph.D. in Cognitive Psychology with a Ph.D. minor in Music Technology from the University of Oregon, and completed post-doctoral training at Stanford University Medical School and UC Berkeley in Neuroimaging and Perception. As a musician (tenor saxophone, guitar, vocals and bass), he has performed with Mel Tormé, David Byrne, Rosanne Cash, Sting, Bobby McFerrin, Victor Wooten and Tom Scott. Levitin has produced and consulted on albums by artists including Stevie Wonder, Steely Dan, Joni Mitchell and on the films *Good Will Hunting* and *Pulp Fiction*, and has been awarded 17 gold and platinum records.

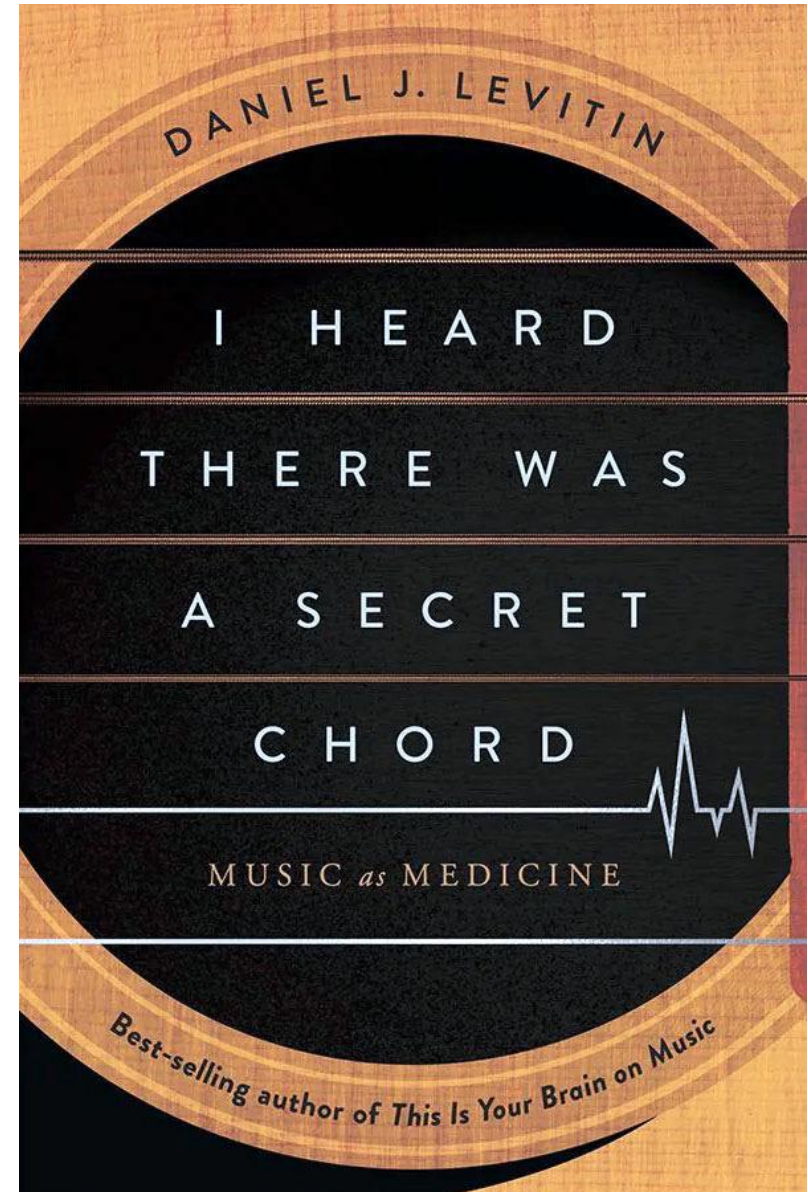
Levitin has published more than 300 articles, in journals including *Science*, *Nature*, *PNAS*, *The New Yorker*, *The Atlantic*, and *The Wall Street Journal*. His research has been featured over 2200 times in the popular press, including 17 articles in *The New York Times*, and in *The London Times*, *Scientific American*, and *Rolling Stone*. He is a frequent guest on NPR and CBC Radio and has appeared on *Good Morning America*, *The Today Show*, *CBS This Morning*, and CNN. His TED talk is among the most popular of all time.

He is the author of four *New York Times* bestselling books. A popular public speaker, he has given presentations on the floor of Parliament in London, to the U.S. Congress, Microsoft, Google, and Amazon.

Levitin also states in Chapter 1:

*“Good medicine relies on clinical judgment, refined through the same sort of trial-and-error and creative problem-solving that artists and scientists use. **Both the master physician and master baker must improvise....** Art, science, and medicine trade in doubt, and in its remedy—**improvisation**. Moreover, to be effective, the musician, the therapist, the scientist, and the physician must **establish a rapport and a relationship of trust** with people they may never have met. **They remain alert at all times while appearing relaxed. They monitor reactions unobtrusively, connecting and responding in real time to their behaviors, to the unexpected.**”*

(bold emphasis mine)

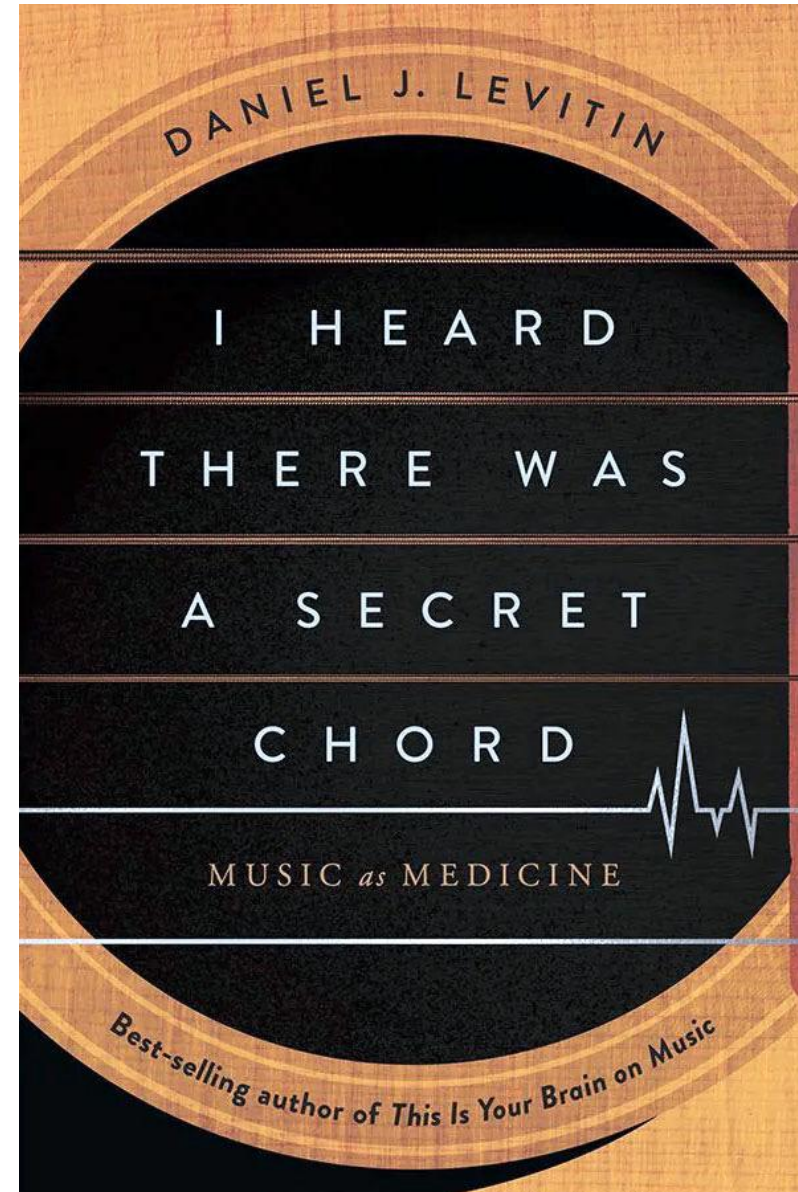


From a review of the book:

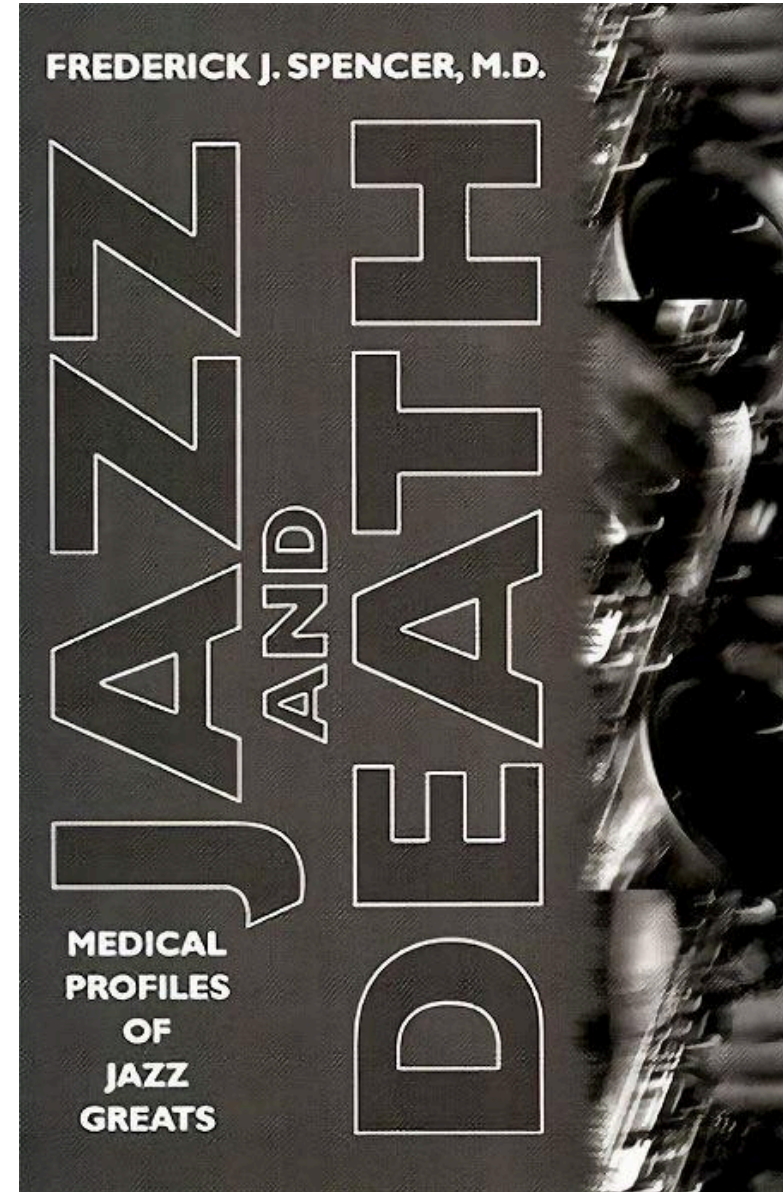
*“His research suggests that music may **diminish anxiety and depression, reduce blood pressure, improve walking and speech in Huntington’s disease patients, and lessen Alzheimer’s disease symptoms. There has been success in helping PTSD sufferers reconnect with their pre-trauma identities.**”*

(bold emphasis mine)

**International Musician, Vol. 123, No. 6,
June 2025, p. 21*

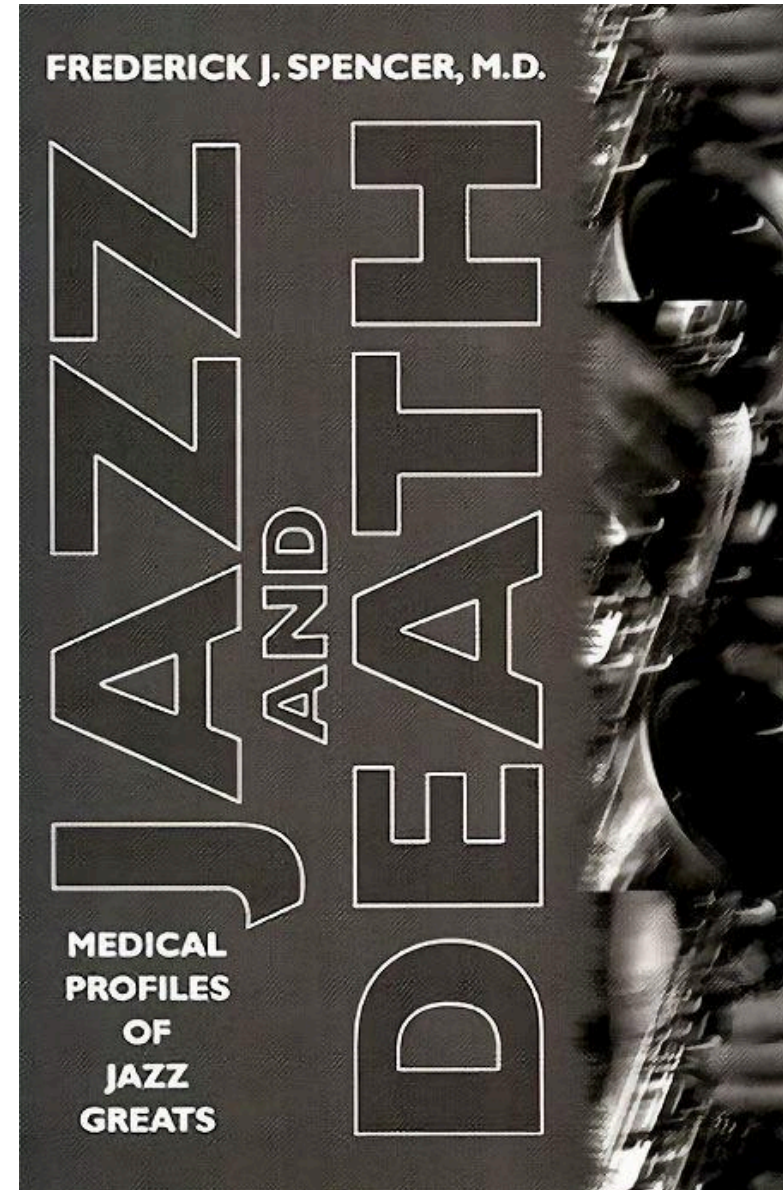


Here's a real
"pick-me-up":



Here's a real
“pick-me-up”:

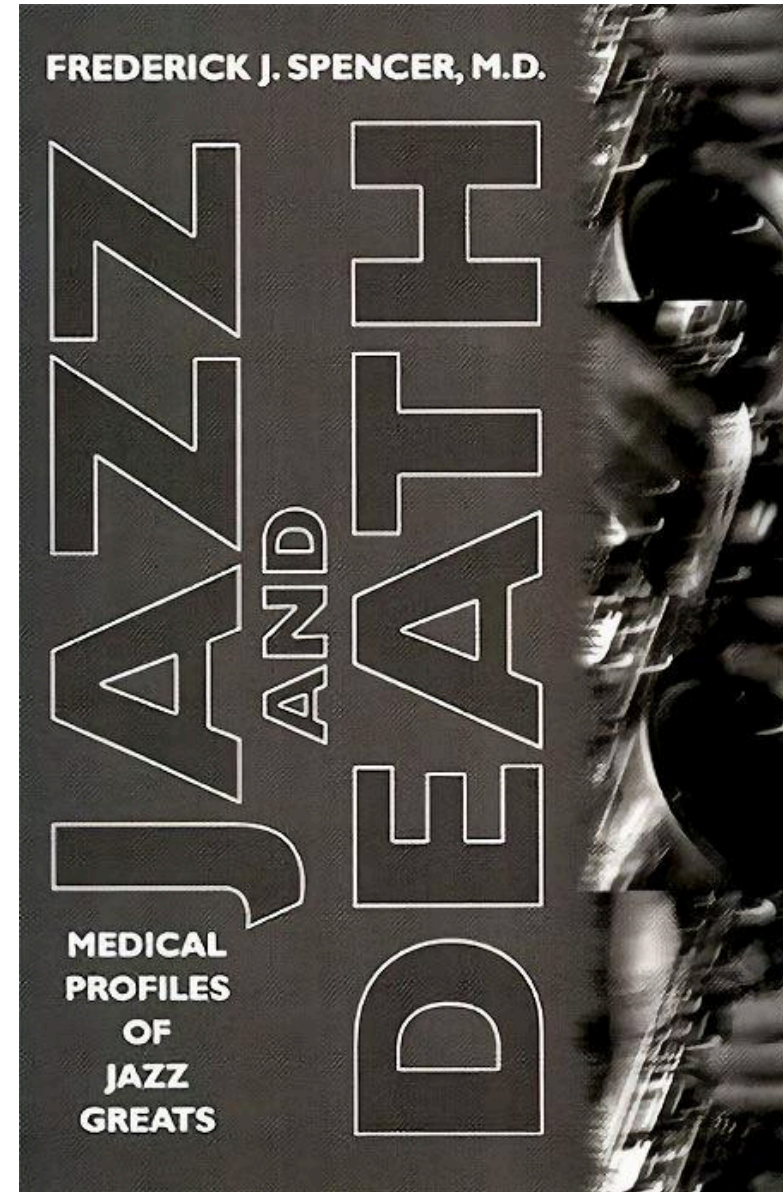
by Frederick J. Spencer, M.D.,
then associate dean emeritus of
the School of Medicine at Virginia
Commonwealth University



Here's a real
“pick-me-up”:

by Frederick J. Spencer, M.D.,
then associate dean emeritus of
the School of Medicine at Virginia
Commonwealth University

But when I get
excellent medical
checkups, I tell my
doctor it's my
“*clean jazz living.*”



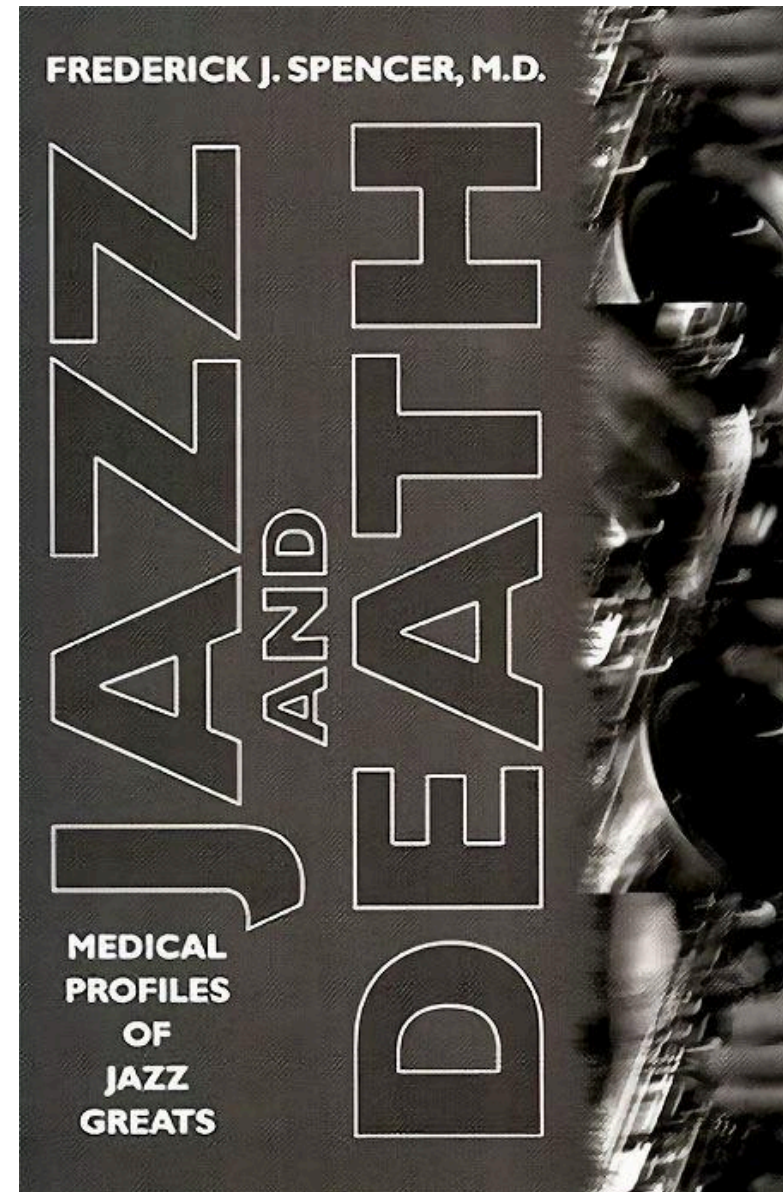
Here's a real “pick-me-up”:

by Frederick J. Spencer, M.D., then associate dean emeritus of the School of Medicine at Virginia Commonwealth University

But when I get excellent medical checkups, I tell my doctor it's my *“clean jazz living.”*

Strictly rumor: "A landmark new study of jazz musicians dating from 1920 to 2020 found that hundreds of thousands did **not** use or die from drugs. The full story on the eleven o'clock news..."

But there are some stark facts....



- The national average for suicide across all occupations is **32** per 100,000 people.

**“Live Sound Makes Moves on Mental Health,” by Clive Young. Mix magazine, January 2025, pp. 34-35.*

- The national average for suicide across all occupations is **32** per 100,000 people.

The harsh realities for many in the music profession:

**“Live Sound Makes Moves on Mental Health,” by Clive Young. Mix magazine, January 2025, pp. 34-35.*

- The national average for suicide across all occupations is **32** per 100,000 people.

The harsh realities for many in the music profession:

*“...long hours, high stress, extended periods away from home and loved ones, job insecurity and more,
...potentially leading to depression, addiction or worse.”*

**“Live Sound Makes Moves on Mental Health,” by Clive Young. Mix magazine, January 2025, pp. 34-35.*

- The national average for suicide across all occupations is **32** per 100,000 people.

The harsh realities for many in the music profession:

*“...long hours, high stress, extended periods away from home and loved ones, job insecurity and more,
...potentially leading to depression, addiction or worse.”*

- The suicide average for “entertainers and performers, sports and related workers...comes in at an alarming **114.5**.”

**“Live Sound Makes Moves on Mental Health,” by Clive Young. Mix magazine, January 2025, pp. 34-35.*

- The national average for suicide across all occupations is **32** per 100,000 people.

The harsh realities for many in the music profession:

*“...long hours, high stress, extended periods away from home and loved ones, job insecurity and more,
...potentially leading to depression, addiction or worse.”*

- The suicide average for “entertainers and performers, sports and related workers...comes in at an alarming **114.5**.”
- The “rate for ‘musicians, singers and related workers’ —among them, audio professionals—[is] nearly **139**.”

**“Live Sound Makes Moves on Mental Health,” by Clive Young. Mix magazine, January 2025, pp. 34-35.*

- The national average for suicide across all occupations is **32** per 100,000 people.

The harsh realities for many in the music profession:

“...long hours, high stress, extended periods away from home and loved ones, job insecurity and more, ...potentially leading to depression, addiction or worse.”

- The suicide average for “entertainers and performers, sports and related workers...comes in at an alarming **114.5**.”
- The “rate for ‘musicians, singers and related workers’—among them, audio professionals—[is] nearly **139**.”
- “The Tour Health Research Initiative’s Touring Health and Wellness Survey 2020 queried 1,154 international touring artists and crew members just before the pandemic and found 254 participants to be at high risk for clinical depression, and 200 scoring high for suicidality.”

**“Live Sound Makes Moves on Mental Health,” by Clive Young. Mix magazine, January 2025, pp. 34-35.*

Sample assists for those in the Music Industry

Sample assists for those in the Music Industry



- Lori Rubinstein, executive director of the **Behind The Scenes Foundation**, “a non-profit support charity”

**“Live Sound Makes Moves on Mental Health,” by Clive Young.
Mix magazine, January 2025, pp. 34-35.*

Sample assists for those in the Music Industry



- Lori Rubinstein, executive director of the **Behind The Scenes Foundation**, “a non-profit support charity”
 - “Founded in 2005, BTS issues Basic Needs and Counseling financial grants to entertainment technology professionals, and maintains the BTS Mental Health Initiative.”

**“Live Sound Makes Moves on Mental Health,” by Clive Young.
Mix magazine, January 2025, pp. 34-35.*

Sample assists for those in the Music Industry



- Lori Rubinstein, executive director of the **Behind The Scenes Foundation**, “a non-profit support charity”
 - “Founded in 2005, BTS issues Basic Needs and Counseling financial grants to entertainment technology professionals, and maintains the BTS Mental Health Initiative.”
 - Created “an Entertainment Industry Therapist Finder on its website... ‘Much to our surprise, we discovered that the mental health field is a popular second career for people from the entertainment industry.’”

**“Live Sound Makes Moves on Mental Health,” by Clive Young.
Mix magazine, January 2025, pp. 34-35.*

Sample assists for those in the Music Industry



- Suzi Meyer, campus general manager of **Rock Lititz**

**“Live Sound Makes Moves on Mental Health,” by Clive Young.
Mix magazine, January 2025, pp. 34-35.*

Sample assists for those in the Music Industry



- Suzi Meyer, campus general manager of **Rock Lititz**
 - Founded in 2015, a “150-acre production campus in Lititz, PA...dedicated to the live event industry.”

**“Live Sound Makes Moves on Mental Health,” by Clive Young.
Mix magazine, January 2025, pp. 34-35.*

Sample assists for those in the Music Industry



- Suzi Meyer, campus general manager of **Rock Lititz**
 - Founded in 2015, a “150-acre production campus in Lititz, PA...dedicated to the live event industry.”
 - She “has a master’s degree in counseling.”

**“Live Sound Makes Moves on Mental Health,” by Clive Young.
Mix magazine, January 2025, pp. 34-35.*

Sample assists for those in the Music Industry



- Suzi Meyer, campus general manager of **Rock Lititz**
 - Founded in 2015, a “150-acre production campus in Lititz, PA...dedicated to the live event industry.”
 - She “has a master’s degree in counseling.”
 - [Provides] “training sessions on stress management and conflict resolution...mental health programming.”

**“Live Sound Makes Moves on Mental Health,” by Clive Young.
Mix magazine, January 2025, pp. 34-35.*

Sample assists for those in the Music Industry



- Suzi Meyer, campus general manager of **Rock Lititz**
 - Founded in 2015, a “150-acre production campus in Lititz, PA...dedicated to the live event industry.”
 - She “has a master’s degree in counseling.”
 - [Provides] “training sessions on stress management and conflict resolution...mental health programming.”
 - “One thing that’s interesting is the next generation, Gen Z, is more willing to talk about its mental health. There is an awareness and an expectation in the younger generation that taking care of your well-being is just part of how you do business.”

**“Live Sound Makes Moves on Mental Health,” by Clive Young.
Mix magazine, January 2025, pp. 34-35.*

Sample assists for those in the Music Industry

“Sound Advice: The Ultimate Guide to a Healthy and Successful Career in Music” (Troubador Publishing Ltd). Co-authored by:

**“Live Sound Makes Moves on Mental Health,” by Clive Young.
Mix magazine, January 2025, pp. 34-35.*



Sample assists for those in the Music Industry

“Sound Advice: The Ultimate Guide to a Healthy and Successful Career in Music” (Troubador Publishing Ltd). Co-authored by:

- **Lucy Heyman**, “previously a U.K. tour manager...later earned an MSc in Performance Science from the Royal College of Music.”

**“Live Sound Makes Moves on Mental Health,” by Clive Young.
Mix magazine, January 2025, pp. 34-35.*



Sample assists for those in the Music Industry

“Sound Advice: The Ultimate Guide to a Healthy and Successful Career in Music” (Troubador Publishing Ltd). Co-authored by:

- **Lucy Heyman**, “previously a U.K. tour manager...later earned an MSc in Performance Science from the Royal College of Music.”
- **Rhian Jones**, “U.K. music journalist.” She writes regularly for *The Guardian*, *Music Business Worldwide*, and *Hits Daily Double*.

**“Live Sound Makes Moves on Mental Health,” by Clive Young. Mix magazine, January 2025, pp. 34-35.*



Sample assists for those in the Music Industry

“Sound Advice: The Ultimate Guide to a Healthy and Successful Career in Music” (Troubador Publishing Ltd). Co-authored by:

- **Lucy Heyman**, “previously a U.K. tour manager...later earned an MSc in Performance Science from the Royal College of Music.”
- **Rhian Jones**, “U.K. music journalist.” She writes regularly for *The Guardian*, *Music Business Worldwide*, and *Hits Daily Double*.
- “...an international approach to providing musicians and crews with tools and techniques for addressing mental and physical health problems at all points of their careers, including while on the road.”

**“Live Sound Makes Moves on Mental Health,” by Clive Young. Mix magazine, January 2025, pp. 34-35.*

During my 35-year full-time teaching career, I...

- found university students increasingly stressed, experiencing bi-polar disorder, and/or suicidal;
- met increasing numbers of trans and gender-fluid students (50% of one instrumental grouping one year), typically overstressed;
- regularly needed to pause private music lessons in order to allow students to speak of their concerns—or to allow them to *not* speak for extended periods;
- referred students to counselors;
- each Fall e-mailed all jazz- and music business-affiliated students a “Random, Unsolicited Advice” e-mail detailing my personal advice regarding eat/sleep habits, drugs and smoking/vaping concerns, vaccination recommendations, and just being kind—based in part on my 34 years of not missing work for illness. (***I included legal, medical, and institutional disclaimers!***)

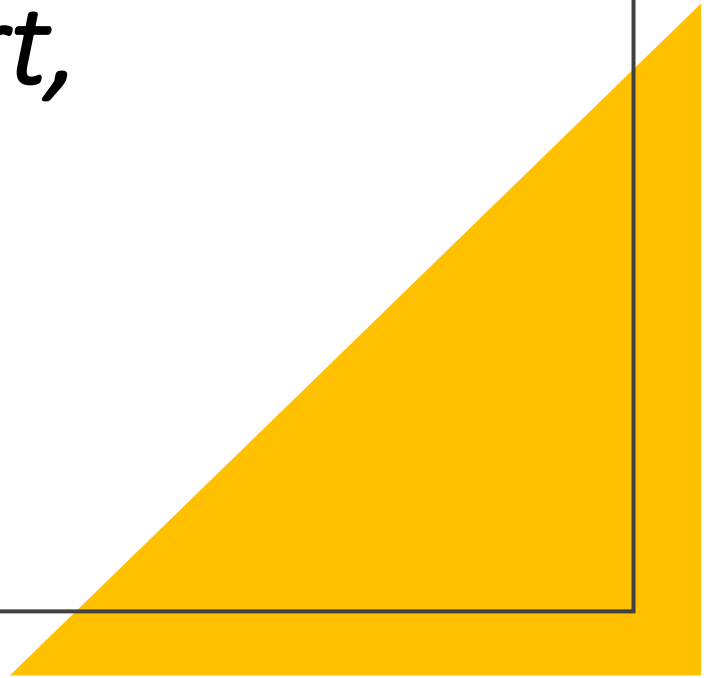


Overlap of Music and Counseling Training

- Listening skills
 - Mirroring
 - Improvisation



Some Approaches I Use with
Musicians and Non-Musicians to
*Establish Relationships, Support,
& Group Dynamics*





The great jazz vocalist/lyricist Jon Hendricks once wrote a one-word poem about jazz:



The great jazz vocalist/lyricist Jon Hendricks once wrote a one-word poem about jazz:

“LISTEN!”



The great jazz vocalist/lyricist Jon Hendricks once wrote a one-word poem about jazz:

“LISTEN!”

As in Counseling, *listening* is the “sine qua non” in jazz: the element without which no communication, no response, no interplay, and no progress are possible.

When most students enter jazz education, they figure that when they finish, they will know what to expect when they perform.

I invite them to discard that goal.

As in Counseling, I prepare them to expect the *unexpected*, to *enjoy* the unexpected, to *respond creatively* to the unexpected, and to *learn from failure*.



Demonstrating that you've really listened to the other person:

Demonstrating that you've really listened to the other person:

- Desk-tapping (*group*)

Demonstrating that you've really listened to the other person:

- Desk-tapping (*group*)
- "Personal Trombonist" (*pair*)

Demonstrating that you've really listened to the other person:

- Desk-tapping (*group*)
- "Personal Trombonist" (*pair*)
- "Personal Drummer" (*pair*)

Demonstrating that you've really listened to the other person:



- Desk-tapping (*group*)
- "Personal Trombonist" (*pair*)
- "Personal Drummer" (*pair*)
- In jazz performance, this interaction takes place within solos (influenced by both soloists and accompanists), within "trades," and even when performing melody.

And a whole 'nother level of demonstrating that you've really listened to the other person:

And a whole 'nother level of demonstrating that you've really listened to the other person:

Singing along with the recorded improvised solo of a jazz master, note for note, matching phrasing, breathing, articulation, dynamics (volume), and more. *This is an essential step of jazz training.*



And a whole 'nother level of demonstrating that you've really listened to the other person:

Singing along with the recorded improvised solo of a jazz master, note for note, matching phrasing, breathing, articulation, dynamics (volume), and more. *This is an essential step of jazz training.*

And sometimes we write it down in notation as well.

Handwritten musical notation for a jazz solo in bass clef, 4/4 time. The notation is divided into measures 5 through 38. Key annotations include:

- Measures 5-10: "lay back" annotation above the staff.
- Measure 7: "2nd ch. (major):" annotation above the staff.
- Measures 8-10: "lay back" annotation above the staff.
- Measure 11: "(swing)" annotation below the staff.
- Measures 16-18: "3" annotation below the staff.
- Measures 19-21: "3" annotation below the staff.
- Measures 22-25: "3rd ch. (minor):" annotation above the staff.
- Measures 26-30: "early" annotation above the staff.
- Measures 31-33: "layback" annotation above the staff.
- Measures 32-33: "4th ch. (major):" annotation above the staff.
- Measures 34-38: "st." annotation above the staff.



Gene Cohen, M.D., Ph.D.

- Psychiatrist (with a Ph.D. in Gerontology)
 - Research on “‘successful’ aging . . . harnessing and manifesting the enormous positive potential that each one of us has for growth, love, and happiness” (Cohen, 2005, pp. xiii-xiv).
 - Mid-1970s – First director of the Center on Aging, a research center in the National Institute of Mental Health
 - Studied the *potential* related to aging, including the positive impact of creative endeavors in midlife and beyond
 - His contributions are particularly impressive because his most well-known works, his two books – *The Creative Age*, *The Mature Mind* – and the Creativity and Aging Study, were completed during the 13 years in which he was living with metastatic prostate cancer. He was diagnosed at 52 and lived 13 years with the disease, crediting his creative projects for significantly prolonging his life (McFadden, 2017).
 - His wife, Wendy, is an artist and art therapist. They “believed that creativity could shape a life of meaning and purpose. Despite the suffering wrought by the cancer, both experienced how creativity enabled them to tap into their positive potential” (McFadden, 2017).

Cohen's Theory – Human Potential Theory

- Beginning point is middle adulthood
 - Midlife re-evaluation phase (40-65)
 - “desire to break new ground, answer deep questions, and search for what is true and meaningful in their lives” (Cohen, 2005, p. xviii)
 - Creative interests resurface (Hermann et al., in progress)
 - Liberation phase (late 50s to mid 70s)
 - Time for experimentation – “our brains undergo significant physiological changes, including . . . a more balanced use of the two brain hemispheres” (Cohen, 2005, p. xviii)
 - Summing Up (late 60s through the 80s)
 - Share journey and wisdom with others
 - Encore phase (Cohen notes encore is French for continuing)
 - “desire to go on, even in the face of adversity or loss. The need to remain vital can lead to new manifestations of creativity...” (Cohen, 2005, p. xix)

Cohen's Creativity and Aging Study

Study – impact of art program on physical health, mental health, and social activities of older individuals

- 2-year art-based program (e.g., going to concerts and art exhibitions)
- Significant differences in the physical and mental health of the control group (participated in social activities) and experimental group (social activities included art-based programs)
 - Benefits continued over time

Example of impact of creative activities from Coker et al. (2023)—Tony Bennett at 95 performed with Lady Gaga (and remembered her name)

More Recent Studies

- Shantell Gomez (July 6, 2025, nola.com)
 - Cited a study from Drexel University in which the researchers found that engaging in creative activities can reduce cortisol levels and support cognitive functioning, emotional regulation, and resilience, especially in older adults.
 - Cited Mihaly Csikszentmihalyi's concept of Flow — “the secret to happiness: a state of complete absorption in an activity that challenges you and energizes you.”



Some Emerging Trends in Music
for the Aging, *Encouraging
Wellness and Support,
Helping Relationships,
Social and Cultural Foundations,
Group Dynamics*

For the Aging, or for the INTERGENERATIONAL!



First, I'd like to point out that *the vast majority of creative artists we revere created their best works as they aged into later life!*

Relatively few peaked in their 20s or even 50s.



Community Drum Circles

No training needed to participate!

**Houston Music and
Wellness Center (TX)*



Community Drum Circles

No training needed to participate!

But optional HealthRHYTHMS training *is* available to Counselors and other caring individuals who want to *lead* sessions (certificate program for CE credit).

Highlights include:

**Houston Music and Wellness Center (TX)*



Community Drum Circles

No training needed to participate!

But optional HealthRHYTHMS training *is* available to Counselors and other caring individuals who want to *lead* sessions (certificate program for CE credit).

Highlights include:

- Understanding the mind-body connection.
- Mastering the HealthRHYTHMS program.
- Hands-on drumming and education using evidence-based practices and research.
- Gaining skills to lead group drumming sessions that empower participants, foster positive mood, enhance immunity, and community connections for diverse groups.

**Houston Music and Wellness Center (TX)*



Community Choirs

*Often no training
needed to participate!*

**Madison Youth Choir
Intergenerational Choir (WI)*



Community Orchestras

*Sometimes no training
needed to participate!*

**Cincinnati
New Horizons Orchestra (OH)*



Community Concert Bands

*Usually training
needed to participate*

**Hanover Concert Band (VA)*



Community Jazz Bands

*Usually training
needed to participate*

**Jazz at the Summit Jazz Band (CO)*



Community Jazz Bands

*Usually training
needed to participate*

**Jazz at the Summit Jazz Band (CO)*



Roy Ernst taught music education at the Eastman School of Music for 25 years. In 1991 he initiated the first New Horizons Band at Eastman, designed to offer ***entry and reentry points*** to music-making for older adults. He then expanded New Horizons as a non-profit to establish over 200 similar bands, orchestras, and choirs across the U.S., Canada, Ireland, and Australia, including a web site, camps, in-person and virtual events, and podcasts.

- Meet new friends.
- Become part of a group.
- Have events to look forward to.
- Experience a broad range of emotions.
- Make connections to the past, the present, and the future.



“There is a growing body of evidence that music making supports good mental and physical health. Gerontologists have long known that socialization is an important factor for good health. The evidence is also strong that the ‘use it or lose it’ principle applies to mental abilities as well as physical abilities. The constant mental challenge of learning music is an ideal form of exercise for our brains. Early studies indicate that music making can reduce depression and increase the strength of the immune system.”

**https://newhorizonsmusic.org/Concept_and_Philosophy*

- Meet new friends.
- Become part of a group.
- Have events to look forward to.
- Experience a broad range of emotions.
- Make connections to the past, the present, and the future.



Members include those with no musical experience at all and those who were once active in school music programs but have been inactive for a long period.

There are no auditions. His motto is “Your best is good enough.”

Tony's Philosophy:



“We *get* into music because music makes us feel good. We *stay* in music because of the **people** we meet through music. If we could only play music with lousy people, we’d all quit within six months.”

A few brief case studies from our elder community...

A few brief case studies from our elder community...





Marshall Johnson



Marshall Johnson

- Trombonist, in his 90s



Marshall Johnson

- Trombonist, in his 90s
- Member and an officer of the Hanover Concert Band (VA)



Marshall Johnson

- Trombonist, in his 90s
- Member and an officer of the Hanover Concert Band (VA)
- Had more vinyl jazz records than I did



Marshall Johnson

- Trombonist, in his 90s
- Member and an officer of the Hanover Concert Band (VA)
- Had more vinyl jazz records than I did
- Commissioned me in 2013 to compose a work for the band



Marshall Johnson

- Trombonist, in his 90s
- Member and an officer of the Hanover Concert Band (VA)
- Had more vinyl jazz records than I did
- Commissioned me in 2013 to compose a work for the band
- Scheduled to perform six concerts with the band in the next six months



Dori Smith





Dori Smith

- French Hornist, in her 80s



Dori Smith

- French Hornist, in her 80s
- Retired literary professor, picked up the Horn again after many years away from it



Dori Smith

- French Hornist, in her 80s
- Retired literary professor, picked up the Horn again after many years away from it
- Member of the Swing Shift Big Band (NM)



Dori Smith

- French Hornist, in her 80s
- Retired literary professor, picked up the Horn again after many years away from it
- Member of the Swing Shift Big Band (NM)
- Has been taking jazz improv lessons with me via Zoom since last August



Dori Smith

- French Hornist, in her 80s
- Retired literary professor, picked up the Horn again after many years away from it
- Member of the Swing Shift Big Band (NM)
- Has been taking jazz improv lessons with me via Zoom since last August
- Joined the Jazz at the Summit Big Band (CO) for a week last month

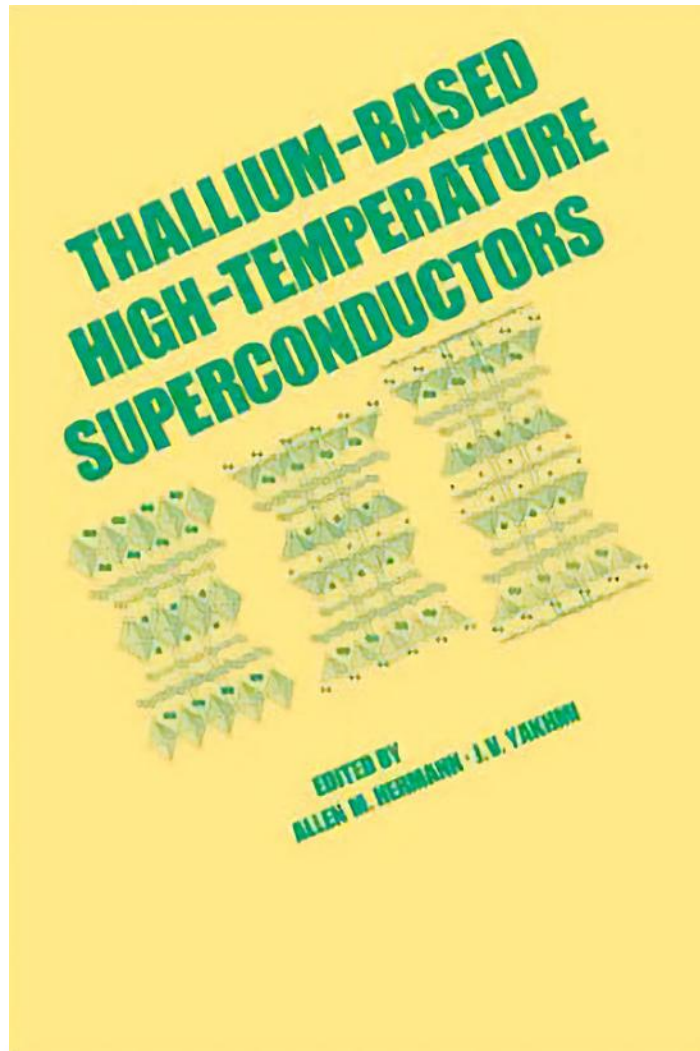


Al Hermann



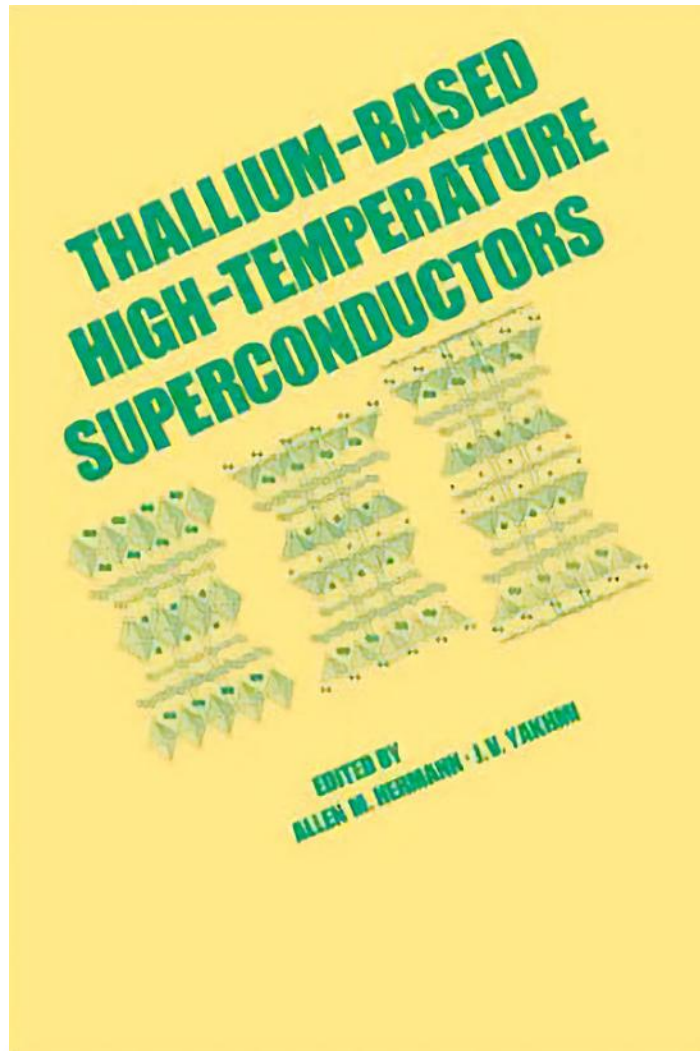
Al Hermann

- Jazz Trombonist, in his 80s



Al Hermann

- Jazz Trombonist, in his 80s
- Retired Physics *and* Jazz Trombone Professor



Al Hermann

- Jazz Trombonist, in his 80s
- Retired Physics *and* Jazz Trombone Professor
- Hasn't stopped playing since his 20s.



Al Hermann

- Jazz Trombonist, in his 80s
- Retired Physics *and* Jazz Trombone Professor
- Hasn't stopped playing since his 20s.
- Tours the world and records internationally.



Al Hermann

- Jazz Trombonist, in his 80s
- Retired Physics *and* Jazz Trombone Professor
- Hasn't stopped playing since his 20s.
- Tours the world and records internationally.
- Does rigorous exercises, musically and physically.



Al Hermann

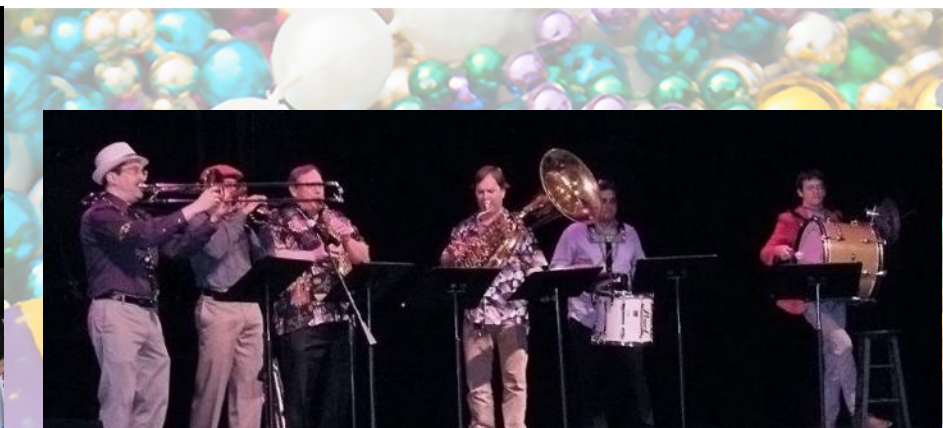
- Jazz Trombonist, in his 80s
- Retired Physics *and* Jazz Trombone Professor
- Hasn't stopped playing since his 20s.
- Tours the world and records internationally.
- Does rigorous exercises, musically and physically.
- Cares for two physically challenged adult children.



Al Hermann

- Jazz Trombonist, in his 80s
- Retired Physics *and* Jazz Trombone Professor
- Hasn't stopped playing since his 20s.
- Tours the world and records internationally.
- Does rigorous exercises, musically and physically.
- Cares for two physically challenged adult children.
- My father-in-law.

And of course, to *perform* for aging or intergenerational audiences is a joy!



Cohen – Social Portfolio

- Activities that bring meaning, purpose, and enjoyment
 - Balanced social portfolio that can continue as we age
 - Social activities and solitary creative activities
 - Examples: dance group, photography, writing
 - Mental challenge
 - Interpersonal relationships



*Encouraging Wellness and Support, Helping Relationships,
Social and Cultural Foundations, Group Dynamics, Resilience*

“Making a Difference/Feeling Relevant”

*Encouraging Wellness and Support, Helping Relationships,
Social and Cultural Foundations, Group Dynamics, Resilience*

“Making a Difference/Feeling Relevant”

A Case Study: Jazz and Social Justice

Most music is more than just a tune.

Most music comes from people, who have a culture and a language.

*Encouraging Wellness and Support, Helping Relationships,
Social and Cultural Foundations, Group Dynamics, Resilience*

“Making a Difference/Feeling Relevant”

A Case Study: Jazz and Social Justice

Most music is more than just a tune.

Most music comes from people, who have a culture and a language.

“It’s difficult to hate a person when you love their music.”

—8th Grader (VA)

Jazz: A Bridge to Better Understanding



CSI 2020
Antonio
García



A few of my own initiatives:

A few of my own initiatives:

- Jazz 4 Justice (VCU)



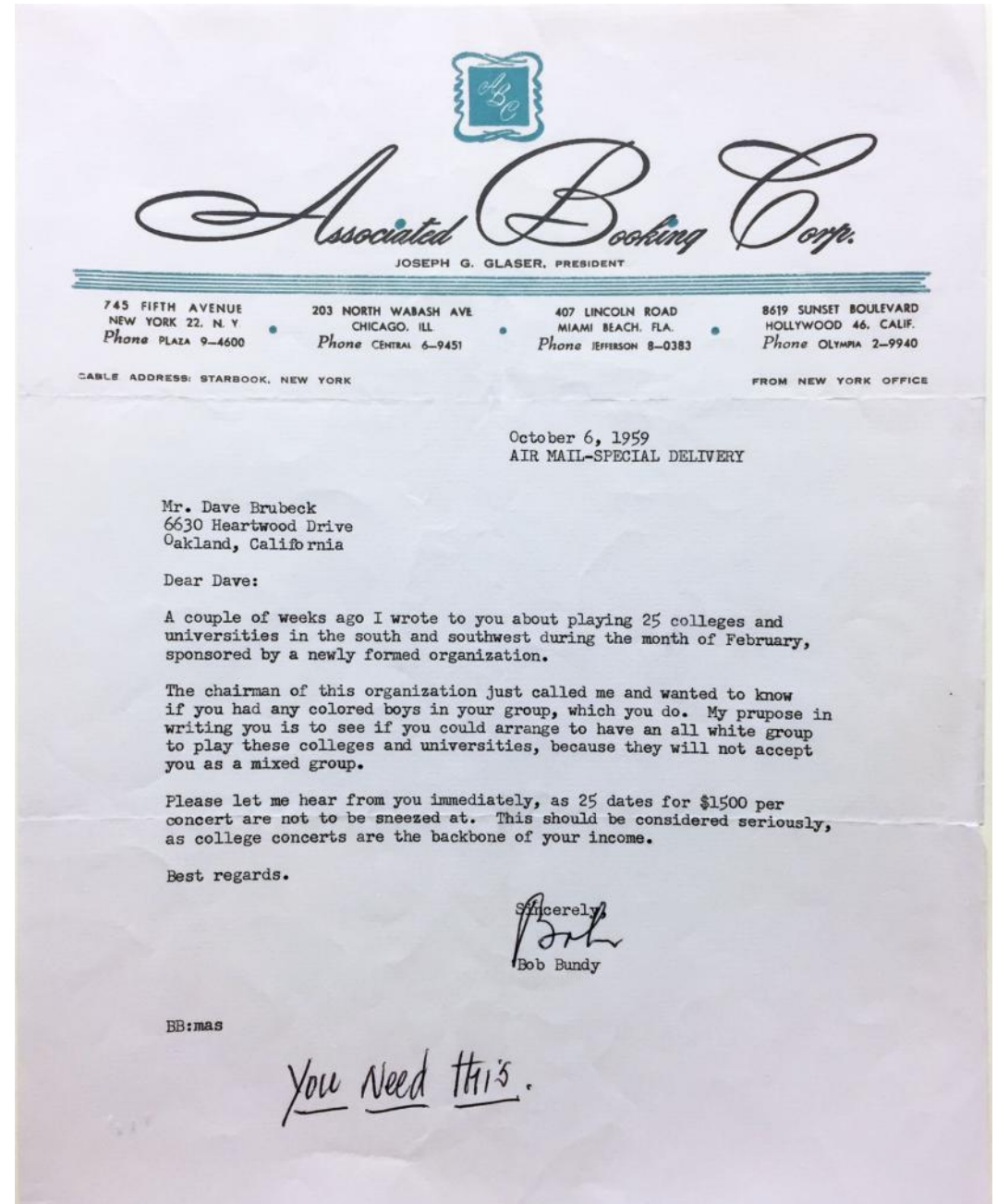
A few of my own initiatives:

- Jazz 4 Justice (VCU)
- A Jazz Bridge to Greater Understanding (VCU/UKZN)



A few of my own initiatives:

- Jazz 4 Justice (VCU)
- A Jazz Bridge to Greater Understanding (VCU/UKZN)
- The Brubeck Institute (advisory board)



A few of my own initiatives:

- Jazz 4 Justice (VCU)
- A Jazz Bridge to Greater Understanding (VCU/UKZN)
- The Brubeck Institute (advisory board)
- Jazz 21: The Voice of Social Change



A few of my own initiatives:

- Jazz 4 Justice (VCU)
- A Jazz Bridge to Greater Understanding (VCU/UKZN)
- The Brubeck Institute (advisory board)
- Jazz 21: The Voice of Social Change
- Children's Medical Services International fundraising



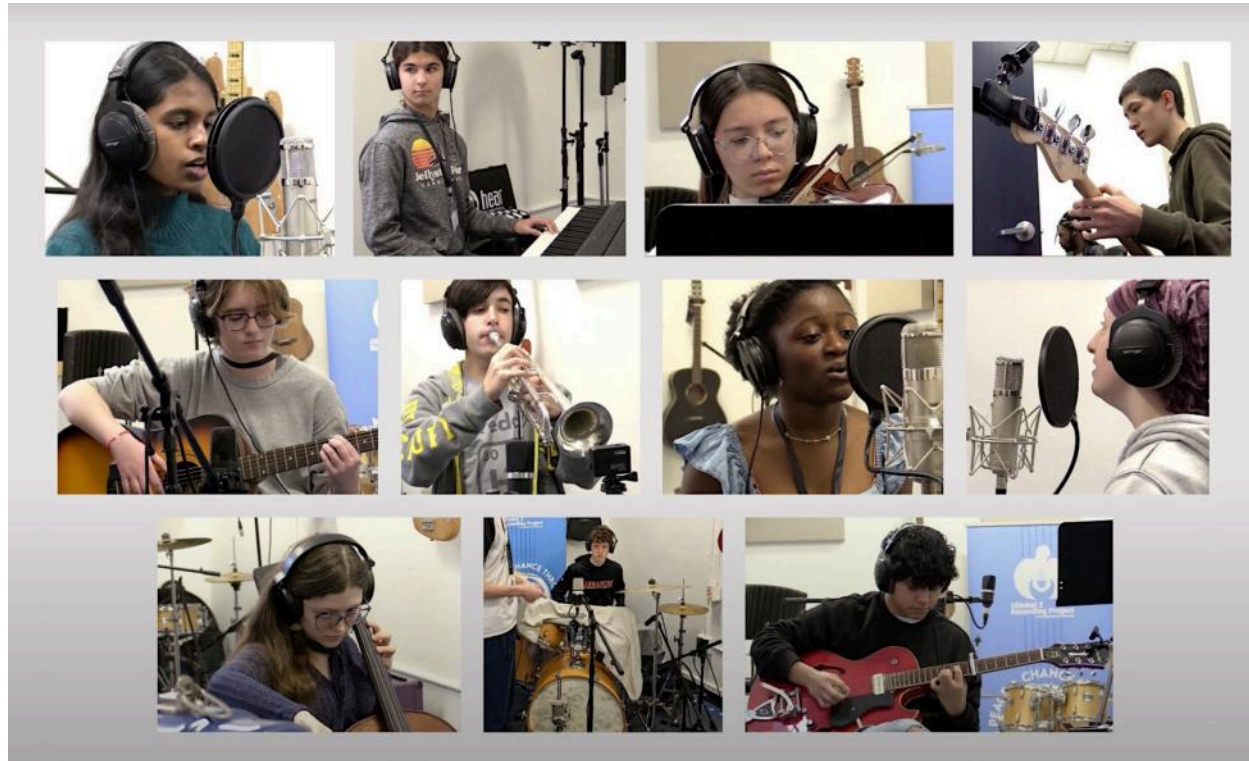
A few of my own initiatives:

- Salsa for Social Change



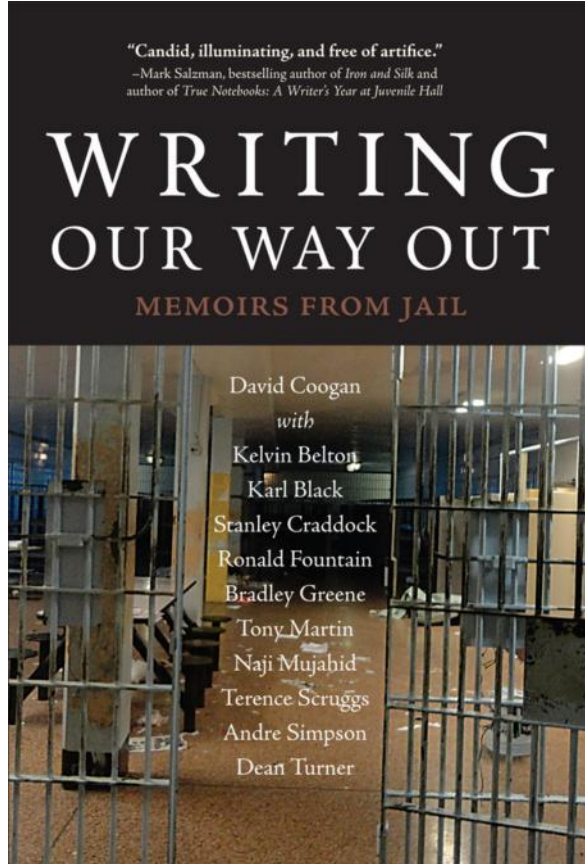
A few of my own initiatives:

- Salsa for Social Change
- Global Z Recording Project advising



A few of my own initiatives:

- Open Minds, Closer Thoughts



A few of my own initiatives:

- Many Compositions & Arrangements

Jazz musicians have long created their art as an expression of social justice for positive change. The message to newer artists is clear: to be an artist, you must have something to say; you must find your voice to say it; and you must be aware that you may pay a price for saying it. We stand on the shoulders of those who came before us.

—*Yours Truly*

A few of my own initiatives:

- Jazz 4 Justice (VCU)
- A Jazz Bridge to Greater Understanding (VCU/UKZN)
- The Brubeck Institute (advisory board)
- Jazz 21: The Voice of Social Change
- Children's Medical Services International fundraising
- Salsa for Social Change
- Global Z Recording Project advising
- Open Minds, Closer Thoughts
- Many Compositions & Arrangements

Community members—old or young—need not embark on a massive creative project unless they find that fulfilling. There are many ways that an individual can lend one's voice—or instrument—to a chosen cause.

Tony's Resource List:

- I Heard There Was a Secret Chord: Music as Medicine. Daniel Levitin. August 2024; Norton, W. W. & Company, Inc.; ISBN-13: 9781324036180; 416 pages.
 - Review of same: "Resources," *International Musician*, The American Federation of Musicians of the United States and Canada, Vol. 123, No. 6, June 2025, p. 21.
- Jazz and Death: Medical Profiles of Jazz Greats. Frederick J. Spencer, M.D. June 2002; University Press of Mississippi; ISBN-13: 978-1578064533; 311 pages.
- "Live Sound Makes Moves on Mental Health," Clive Young. *Mix* magazine, January 2025, pp. 34-35.
 - Behind The Scenes Foundation (Lori Rubinstein, executive director): <<https://wp.behindthescenescharity.org>>
 - Rock Lititz (Suzi Meyer, campus general manager): <<https://www.rocklititz.com>>.
 - Sound Advice: The Ultimate Guide to a Healthy and Successful Career in Music. Rhian Jones and Lucy Heyman. February 2021; Troubador Publishing Ltd.; ISBN-13: ISBN-13: 978-1838194901; 402 pages.
- New Horizons International Music Association (<<https://newhorizonsmusic.org>>)
- VCU Jazz and Social Justice <<https://garciamusic.com/educator/vcu.jazz/vcu jazz.socialjustice/vcu jazz.socialjustice.html>>
- Allen Hermann <<https://alhermann.tumblr.com/biodiscs>>
- Antonio García contact information: <<https://garciamusic.com>>, <ajgarcia@vcu.edu>

Additional Reading:

- Free Play: Improvisation in Life and Art. Stephen Nachmanovitch. May 1991; G.P. Putnam's Sons; ISBN-13: 978-0874776317; 256 pages.
- The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance. May 1997; Random House Trade Paperbacks; ISBN-13: 978-0679778318; 122 pages.
- This Is What It Sounds Like: A Legendary Producer Turned Neuroscientist on Finding Yourself Through Music. Susan Rogers and Ogi Ogas. September 2023; W. W. Norton & Company; ISBN-13: 978-1324065968; 288 pages.
- The Man Who Mistook His Wife for a Hat: And Other Clinical Tales. Oliver Sacks. April 1998; Touchstone; ISBN-13: 978-0684853949; 256 pages.
- Musicophilia: Tales of Music and the Brain. Oliver Sacks. September 2008; Vintage; ISBN 13: 978-1400033539; 425 pages.



Mary's Resource List:

- The Creative Age: Awakening Human Potential in the Second Half of Life. Gene D. Cohen, M.D., Ph.D. January 2001; William Morrow Paperbacks; ISBN-13: 978-0380800711; 384 pages.
- The Mature Mind: The Positive Power of the Aging Brain. Gene D. Cohen, M.D., Ph.D. December 2006; Basic Books; ISBN-13: 978-0465012046; 256 pages.
- "Research on Creativity and Aging." Gene D. Cohen, M.D., Ph.D. *Generations: Journal of the American Society on Aging*, American Society on Aging, Vol. 30, No. 1, Spring 2006, pp. 7-15.
 - Review of the above three: "Creative Aging and the 'Existential Crack.'" Susan H. McFadden, Ph.D. *The Gerontologist*, Vol. 57, No. 3, June 2017, pp. 593-595, Oxford University Press.
- "Rediscover Long-Lost Passions: Creativity can Boost Health, Louisiana Doctors Say." Chantell Gomez. The Times-Picayune, July 6, 2025, pp. 1X-2X.
- Dr. Mary Hermann contact information: <mary.hermann@ucumberland.edu>
- Women's Lifespan Development Research Lab <<https://www.womensresearch.org>>. Mary A. Hermann, Ph.D., LPC, NCC, J.D., Director
- Her vocal page: <<https://maryhermannngarcia.com>>

Additional Reading:

- Flow: The Psychology of Optimal Experience. Mihaly Csikszentmihaly. January 1990; Harper Perennial; ISBN-13: 978-0061339202; 336 pages.



*Thank you
for all you do,
And thank you
for coming!*



QUESTIONS?



Some music for you...



Another tune from Mary's CD...



Desafinado

music: Antonio Carlos Jobim (BMI)

lyrics: Newton Ferreira de Mendonça (SBACEM)





Happy Hour
Monday - Friday 4:30-7:30
\$3 drinks \$2.50 nails \$10 manicure
66-11

Poster for a performance featuring a man in a hat and sunglasses.

Jazz



CD Release Party!







Music and Counseling: An Intersection for Communication and Wellness

Thank you for coming!

Scan the QR code for our handout.

Mary A. Hermann, Ph.D., LPC, NCC with Antonio J. García, M.M.

The Association for Adult Development & Aging 2025 Conference

One more tune?



Mary A. Hermann, Ph.D., LPC, NCC *with* Antonio J. García, M.M.

The Association for Adult Development & Aging 2025 Conference



Garota de Ipanema/Girl from Ipanema

music: Antonio Carlos Jobim (BMI)

lyrics: Vinicius de Moraes (SGAE)

English lyrics: Norman Gimbel (BMI)

Thank you for coming!

Scan the QR code for our handout.

Mary A. Hermann, Ph.D., LPC, NCC *with* Antonio J. García, M.M.

The Association for Adult Development & Aging 2025 Conference



Music and Counseling: An Intersection for Communication and Wellness

Thank you for coming!

Scan the QR code for our handout.

Mary A. Hermann, Ph.D., LPC, NCC *with* Antonio J. García, M.M.

The Association for Adult Development & Aging 2025 Conference