



GUIDED IMAGERY AND MUSIC

Support During Chemotherapy

To support your chemotherapy treatment, the music therapist at the Joan Karnell Cancer Center has developed a library of CDs that you can use during treatment. These CDs have been carefully chosen for their supportive qualities. Some CDs incorporate guided imagery and music, while others focus on quiet, soothing music.

THESE CDS CAN ADDRESS THE FOLLOWING:

- Stress, anxiety and relaxation
- Muscle tension
- Positive imagery
- Healing imagery
- Sleep

USING THE CDS

There are two ways to use these CDs:

1. Select one or more from the list below and ask your nurse for the CD and CD player.
2. Discuss the CD library with the music therapist, who will give you guidance regarding selection and use.

TYPES OF CDS

There are two categories of CDs:

1. Guided imagery and music
CDs use a combination of soothing music and spoken guided relaxation and imagery. They focus on themes such as relaxation, positive imagery, healing imagery and sleep.
2. Quiet music
CDs provide a number of individual pieces that can be soothing and relaxing. Some of these CDs are more classical in nature, while others have a “new age” quality.

USING THE CDS

Choosing and listening to a CD is a very personal thing. While these CDs have been carefully chosen for their therapeutic potential, there are a wide range of responses possible for any CD. So, while some patients find guided imagery and music CDs very helpful during treatment, others find it unhelpful; similarly, many patients find listening to music very supportive during treatment, whereas others prefer silence.



GETTING STARTED

If you have not used music, or guided imagery and music during treatment, then you may like to experiment by choosing a number of CDs and listening to the beginning of each. This will give you a sense of the tone and quality of each CD.

Each CD offers a different kind of listening experience. Some CDs provide short (4-7 minutes) pieces that are original compositions or based upon traditional music (e.g. The Water is Wide). Other CDs offer longer tracks (up to 30 minutes) that are based upon classical music (e.g. Pachelbel Canon) or music-imagery combinations that guide you through an imagery experience (e.g. a place in nature).

While the longer tracks tend to offer a deeper, more relaxing listening experience, choose your music according to how you feel now. Consider the following:

- If you feel tense or anxious, the guided imagery and music CDs may be especially helpful as a number focus specifically on relaxation (e.g. Harmony of Music and Body)
- If you feel fatigued and want to rest, CDs such as *Timeless Motion* and *Fragments of a Dream* (Kobialka) may be helpful as they focus on longer, extended music listening.
- If you would like a quiet music listening CD to accompany your treatment, consider *Peace*, *Oh What a Beautiful Morning*, and *World on a String*.

ADDITIONAL SUPPORT

While listening to CDs during treatment can be very helpful, there are some limitations. Any CD uses a prescribed imagery script. For some people, this is very helpful, but for others, the script may not match their experience, or imagery preferences. Working directly with the music therapist provides the individual attention and music/imagery development that will best match your needs. The music therapist is also there to discuss your imagery experience with you. This can be very helpful when you are feeling anxious or overwhelmed.

Please feel free to discuss this with your nurse if you would like more information about working with the music therapist.

SCHEDULING A SESSION WITH THE MUSIC THERAPIST

Should you wish to learn more about the music listening CD library, develop techniques you can use at home, or work directly with the music therapist, Anthony Meadows, PhD, please call Marylou Osterman at 215.829.6466 or visit PennMedicine.org/Karnell. Services are complimentary.



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800.789.PENN PennMedicine.org/Karnell



Quiet Music

Peace – Daniel Kobialka

Ten instrumental arrangements of traditional music that includes Greensleeves, The Water is Wide and Scarlett Ribbons.

Fragments of a Dream – Daniel Kobialka

Three extended instrumental arrangements or “classical” music including Gymnopedies, Air on a G String and Mystique.

Timeless Motion – Daniel Kobialka

Three extended instrumental arrangements of classical and new age music, including the Pachelbel Canon.

Dreams beyond Twilight – Daniel Kobialka

Three extended classical pieces, arranged in a new age style including Ravel’s Bolero, Pachelbel’s Canon and Kobialka’s Timeless Spirals.

Oh What a Beautiful Morning – Daniel Kobialka

Seven instrumental arrangements of classical and traditional music, including Lullaby of the Ages (Brahms), Tender Love, Gift of Dreams and Lullaby of Ribbons.

Pathless Journey – Daniel Kobialka

Nine new age compositions with an ethereal quality. Includes Gentle Raindrops Falling on Leaves; Distant Voices; Unfathomed Silence and Pathless Journey.

World on a String – Daniel Kobialka

Eleven instrumental arrangements of music from around the world – generally light and playful in style: Por Un Amor; Singing the Night; Caribbean Wind and Path to Asia.

Going Home Again – Daniel Kobialka

Seven instrumental arrangements or traditional songs, including The Water is Wide, Celtic Melody, and Scarlett Ribbons.

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Harmony of Mind and Body – Kobialka and Mandel

Guided music assisted relaxation, with instructions (32 minutes).

Guided Imagery for Stressful Times – Tusek

Two imagery experiences: tropical serenity and mountain babbling brook.

Guided Imagery for Courage, Strength and Hope – Tusek

Imagery focuses on finding courage, strength and hope, using affirmations.



GUIDED IMAGERY AND MUSIC, CONTINUED

Music Journeys (volumes I and II) — Quitmeyer and Wesley

Guided imagery with music that focuses on relaxation; each CD includes a music only track.

PM Yoga Meditations — Chiarella

4 meditations that focus on sleep: letting go and completing your day; relaxation body scan; restful and rejuvenating sleep; lullaby with the breath.

Further Listening Guidelines

Please be aware that you should not drive a vehicle or do anything strenuous immediately after listening to these CDs. When experienced deeply, they induce a deep state of calm and relaxation. It can take some time to move back into a normal waking state of awareness. In doing so, it can be helpful to drink plenty of water, and walk until you feel completely ready to resume your normal activities.

ONLINE RESOURCES

A wide range of materials on music, relaxation and imagery are available online. These are a sample of the materials available. Please note that providing information on these sites is not an endorsement.

Guided Imagery

Martin Rossman, MD, has written extensively on guided imagery in cancer care. Visit www.sciencedirect.com then search “Martin Rossman”. See specifically Guided Imagery in Cancer Care, found in Seminars in Integrative Medicine, volume 2, issue 3, September 2004.

Buying Music/Imagery CDs and downloads

<http://www.wonderofsound.com/magneto/index.php>
Offers a number of music listening Cds by Daniel Kobialka, many of which are included in our own listening library

Searching the Web

Search keywords: music and imagery; relaxation scripts; sleep disorders; guided imagery and music

Educational Materials

<http://psychcentral.com/lib/2007/music-and-imagery/>

Provides an introduction to music and imagery. Note the links at the bottom of the first page, offering information on imagery in everyday life and imagery scripts

Imagery Scripts

<http://www.wholesomeresources.com>

Julie Lusk's 30 Scripts for Relaxation, Imagery and Inner Healing



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