Questions Asked During Live Webinar Broadcast on 8/10/2022

Music and the Brain in Recovery
Presenter: John McAndrew, LADAC

I often ask my patients which songs they want to hear. Is it more therapeutic if I curate a Playlist for my music therapy groups? If so, any suggestions on how best to do so?
A: I found it is helpful to let them curate their own “Recovery Playlist”. And with Spotify and a cell phone attached to a decent sound system, you can do a group where each picks a song, identifies why they picked, what images and memories it brings up. I hand out a simple form to fill in, which lets them pick a couple do, and we let all then respond and process.
Example”
1-Song
2-Why did you pick this song?
3-Is this your story?
4-What images and memories does this song bring to mind?
5-Can you control how you respond/react to this song?
6-Where is the Recovery/Healing in this song?

What key is the calming key you mentioned?
A: The key of D, and many artists over the years have recorded songs in drop D, or open D tunings.

Are there studies about the benefits to specific genres?
A: Jazz music has been proven to be so relaxing that it can actually be used to cure your body. The smooth, slow beats help to lower your respiratory rate and heart rate to a more healthy beats per minute measurement, such as Blue in Green by Miles Davis, at 55 BPM, and Almost Blue by Chet Baker, at 56 BPM.

Can you name the NYCB dancer who taught there and performed for your group?
A: I’d rather protect her anonymity.

Do you believe that binaural beats and solfeggio frequencies can affect the brain, the same as music?
A: They certainly do, and I’ve experienced that myself as I use them sometimes for my meditation music. Also, the “Bio Beds” that are being used now use that specifically.

Is there a way to get the lyrics of these songs? Especially "Give me New Eyes"?
A: Here ya go:

I’m having a hard time tryin to understand
All the suffering, the misery man goes through
Where were you when we needed you
How come I didn’t get what I needed
How could you let them treat me that way
Where were you when I needed you

When black clouds come over me
They darken my skies
If it’s how I look at things
Then give me new eyes

People are killing, doin anything
To fill their bodies with poison things, just to feel good
Why must everything I learn be so hard
Can’t you see I’m giving up
Don’t know where you are, where are you?

When black clouds come over me
They darken my skies
If it’s how I look at things
Then give me new eyes

If it’s you we need
Need you now
If its through each other we will see you
Then let us see you….see you now

When black clouds come over me
They darken my skies
If it’s how I look at things
Then give me new eyes
When black clouds come over me
They darken my skies
If it’s how I look at things
Then give me new eyes, Then give me new eyes

Words and music by John McAndrew CP McAndrew Music

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