

Hudba a prevence

MUSIC in AMERICAN CRIME PREVENTION and PUNISHMENT

Lily E. Hirsch



AT konference Seč 2023 – 6.6.2023

David Věchet¹, Vladimír Kmoch²

¹ Adiktologická ambulance Remedis Brno, ² Klinika adiktologie 1 LF UK a VFN Praha

PREVENT & P.R. event

Odstíny, tóny, vyladění



Předcházení, před-uskutečnění, seznámení

Role hudby – „multidimenze“ - brainstorming



Varování, ochranné masky, bezpečnostní pásy

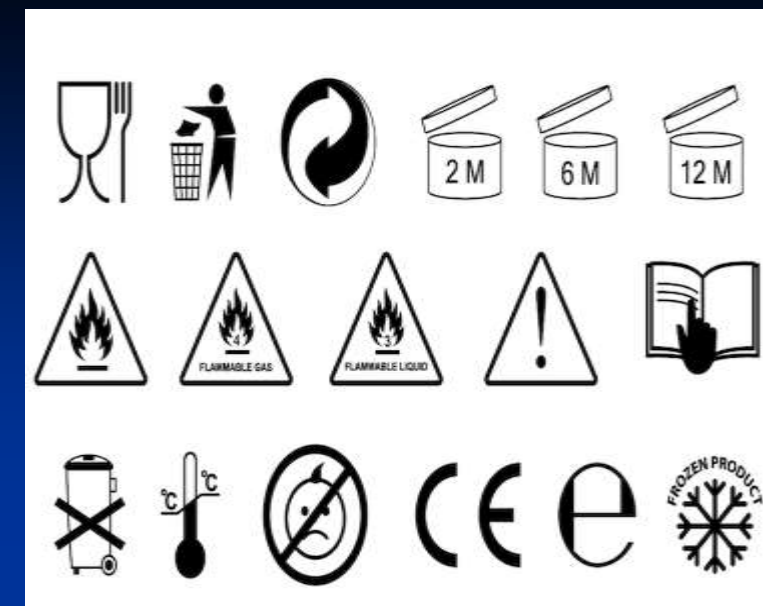


Limitery, in ear systémy, decibelometry

Chillout, testování drog, voda na pódiích, zdravotní i adiktologické služby







WARNING /GUARANTEE:

These concerts contain material which a truly free society would neither fear nor suppress. In some socially repressed areas, religious fanatics and ultra-conservative political organizations violate your First Amendment Rights by attempting to censor rock & roll. We feel that this is un-Constitutional and un-American.

As an alternative to these government-supported programs (designed to keep you docile and ignorant), we are pleased to provide stimulating audiovisual and holographic entertainment for those of you who have outgrown *the ordinary*.

The language and concepts contained herein are **GUARANTEED NOT TO CAUSE ETERNAL TORMENT IN THE PLACE WHERE THE GUY WITH THE HORNS AND POINTED STICK CONDUCTS HIS BUSINESS.**

This guarantee is as real as the threats of the video fundamentalists who use attacks on rock music in their attempt to transform America into a nation of check-mailing nincompoops (in the name of Jesus Christ). If there is a hell, its fires wait for them, not us.

AGENDA

ONE CHILD IS HOLDING SOMETHING
THAT'S BEEN BANNED IN AMERICA
TO PROTECT THEM.

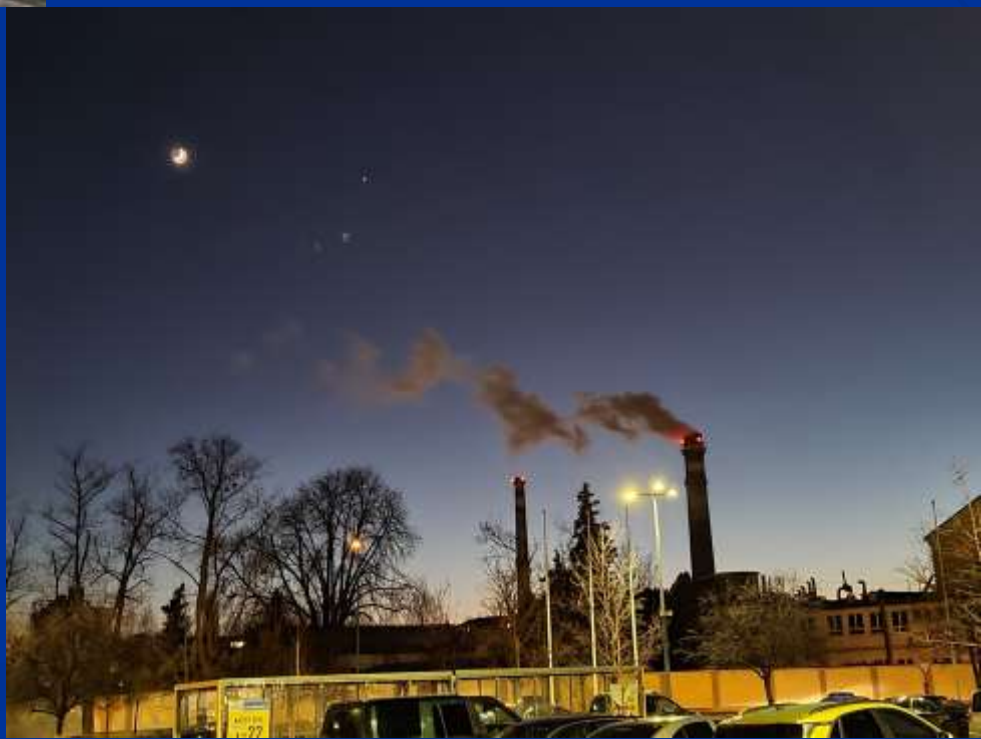
GUESS WHICH ONE.



We won't sell Kinder chocolate eggs in the interest of child safety. Why not assault weapons?
MOMSDEMANDACTION.ORG



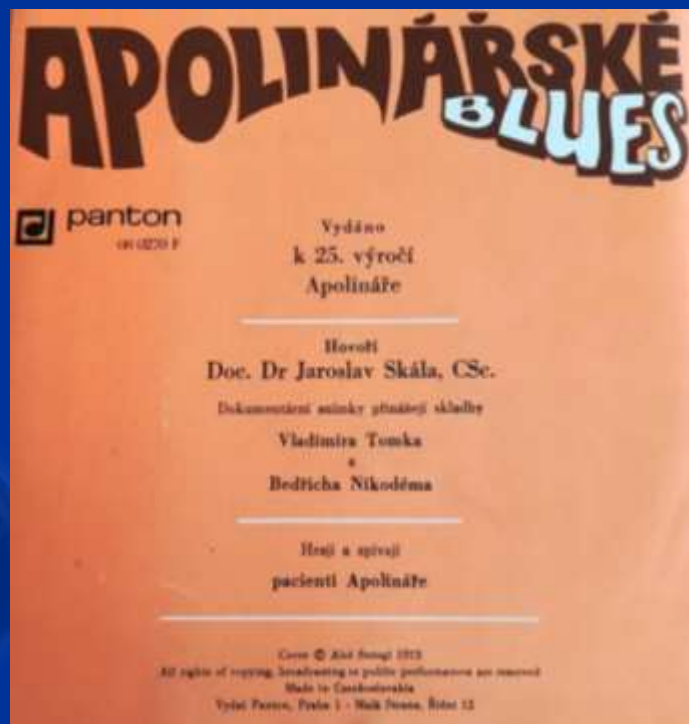
is





Hudba léčí:

stres (kortizol), deprese (mírně, středně těžká), Tk, TF, spánek, kognice, anesteze, aj...



RECENT BLOG ARTICLES



Harvard Health Ad Watch:
An IV treatment for thyroid
eye disease



Taking up adaptive sports



Cutting and self-harm:
Why it happens and what
to do



MIND & MOOD

Can music improve our health and quality of life?

*Music boosts our mood and well-being, and
music therapy may help during treatments*

About the Author



Lorrie Kubicek, MT-BC, Contributor

Lorrie Kubicek is a board-certified music therapist at Massachusetts General Hospital, co-director of The Katherine A. Gallagher Integrative Therapies Program, and program manager of expressive therapies at MGH Cancer Center and Mass General Hospital for Children. ... [See Full Bio](#)

[View all posts by Lorrie Kubicek, MT-BC](#)



Review



Outcome label	Included variables	Studies
Motivation	Treatment eagerness	Silverman [29,34,36]
	Change readiness/ Readiness to change	Silverman [31,32]
	Motivation	Silverman [32,33,35], K. M. Murphy [38], Ross et al. [15], Baker et al. [16]
	Motivation for sobriety	Silverman [34]
	Motivation to reach and maintain sobriety	Silverman [36]
Depression	Depression	Albornoz [39], K. M. Murphy [38], Oklan & Henderson [40], Silverman [31], Yun & Gallant [41]
	Depressiogenic thought frequency	Howard [42]
	Feeling depressed	Cevasco et al. [43], Gallant et al. [44], Hwang & Oh [45], Jones [46]
Enjoyment	Perceived enjoyment	Baker et al. [16], Silverman [29,31,32,47]
	Feeling of joy/happiness/enjoyment	Jones [46]
Withdrawal/craving	Withdrawal symptoms	Silverman [30,37]
	Craving	Silverman [32,37]

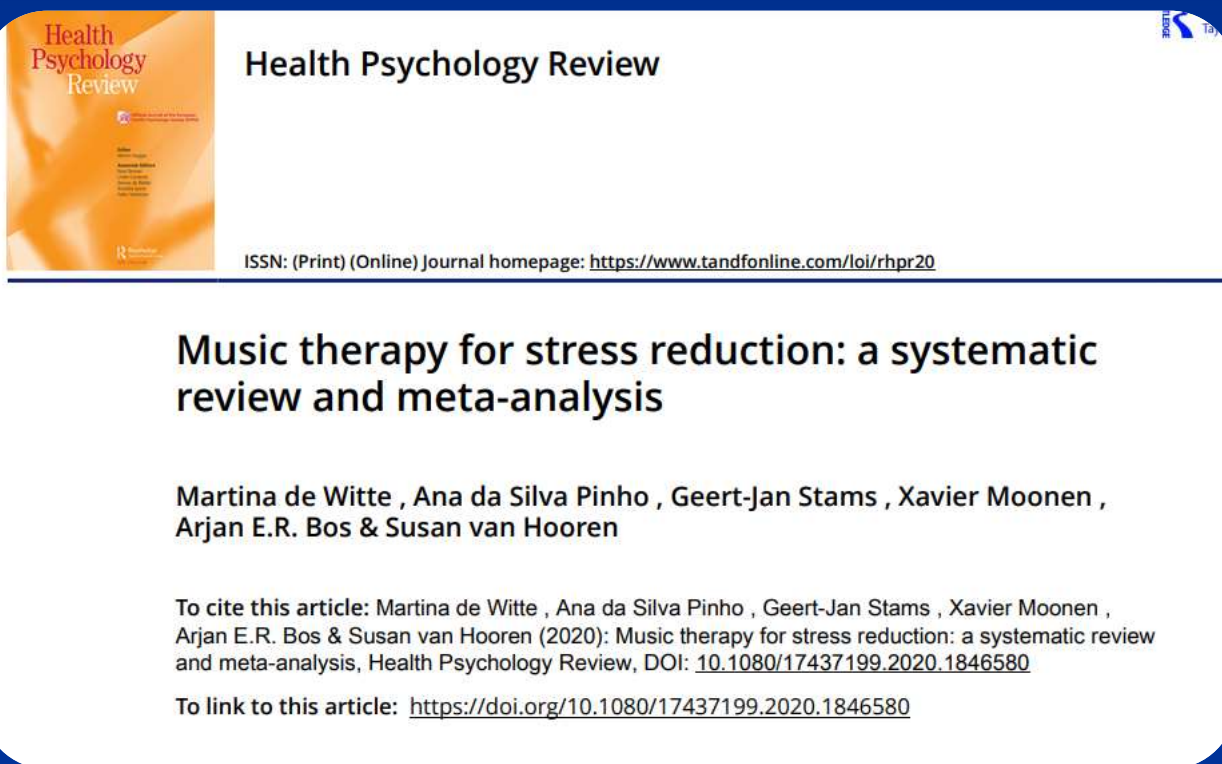
Clusters of outcomes examined in studies about the effects of music therapy and music-based interventions for patients with substance use disorders.

Coping skills	Participation in the processing session	Gallagher & Steele [49]
	Attendance	Dougherty [50], Baker et al. [16], Ross et al. [15]
	Coping skills	K. M. Murphy [38], Oklan & Henderson [40]
Anxiety	Knowledge of triggers and coping skills	Silverman [36]
	Psychiatric symptom	Ross et al. [15]
	Emotional experience	Cevasco et al. [43], Gallant et al. [44], Gardstrom & Diestelkamp [19], Gardstrom et al. [51], Hwang & Oh [45], Jones [46]
Medical symptoms	Trait	Cevasco et al. [43]
	General functioning	Dickerson et al. [48], Ross et al. [15]
	Physical symptoms	Dickerson et al. [48]
Anger	Psychiatric symptoms	Oklan & Henderson [40]
	Emotional experience	Cevasco et al. [43], Gardstrom et al. [51], Hwang & Oh [45]
Sadness	Feeling sad	Gardstrom et al. [51]
	Feeling unhappy	Gallant et al. [44]
Stress		Cevasco et al. [43], Hwang & Oh [45]

Hohmann Luisa, Bradt J, Stegemann T, Koelsch S. Effects of music therapy and music-based interventions in the treatment of substance use disorders: A systematic review. PLoS One. 2017 Nov 15;12(11).



Metaanalýza (47studií)



- hudební tempo 60-90bpm
- více než 1 sezení
- předvybraná hudba, relaxační x vlastní, klasická
- skupinová x individuální



Využíváte hudbu?



V čekárně?

V ambulanci?

Na lůžkovém oddělení?

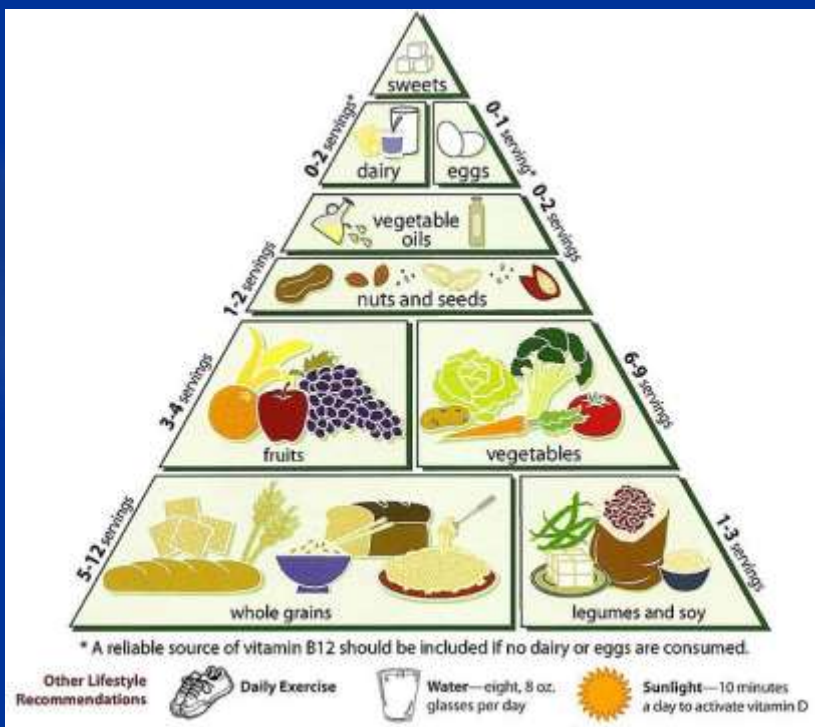
Jinak?





Prevence a zdraví

Ve zdravém těle zdravý duch – slety, spartakiády, aerobic, spinning, yoga



6.6.2023

Preventivní prohlídky a hudba v čekárně



Hudba a prevence

Nutrice

& many many more

Varovné signály

Nejen kvarta a hoří a nejen první středa v měsíci

Specifické tóny, zvuky - brainstorming

...a slovní doprovod

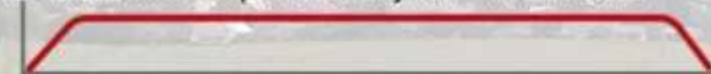


TÓNY VÝSTRAH

Všeobecná výstraha - kolísavý tón sirén - 140 sekund



Zkouška sirén - nepřerušovaný tón - 140 sekund



Požární poplach - napodobení hlasu trubky troubící "HÓ-ŘÍ" - 60 sekund



War on drugs war on us

Preventivní častušky D.A.R.E.



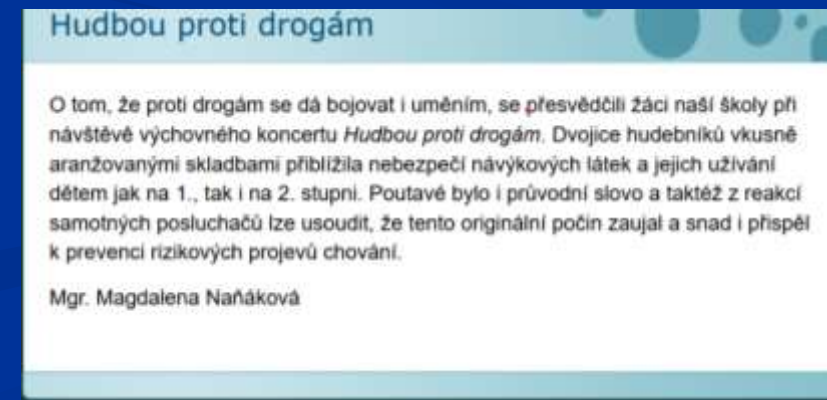
Legalizace

Evokace krizí



6.6.2023

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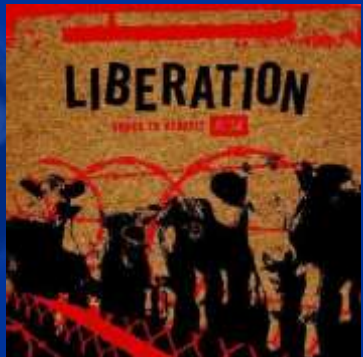
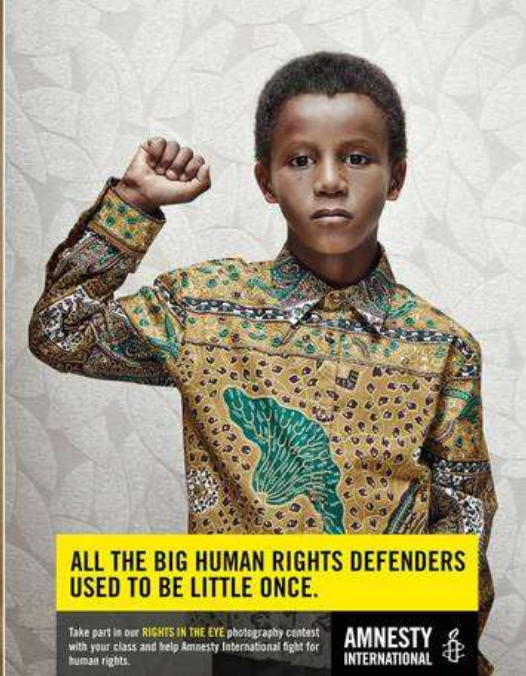
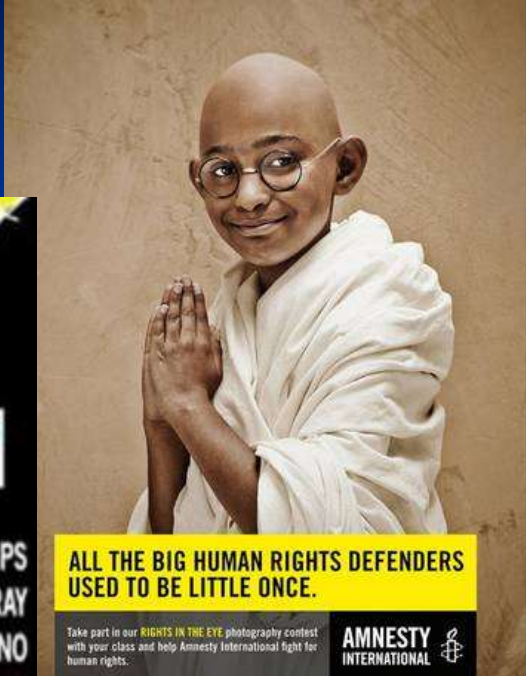
Remedis

Zelené aktivity

Postoje a poselství

Lidskoprávní aktivity

Straight edge



Díky za pozornost



Youtube kanál související s workshopem lze nalézt na adrese:

https://www.youtube.com/playlist?list=PLn3fK_h3S3DcCNV2uUIvVM3CvwwFRyWTV

Všechny další youtube kanály z předešlých ročníků lze nalézt na adrese:

<https://www.youtube.com/@HARDCOREVDUSI/playlists>