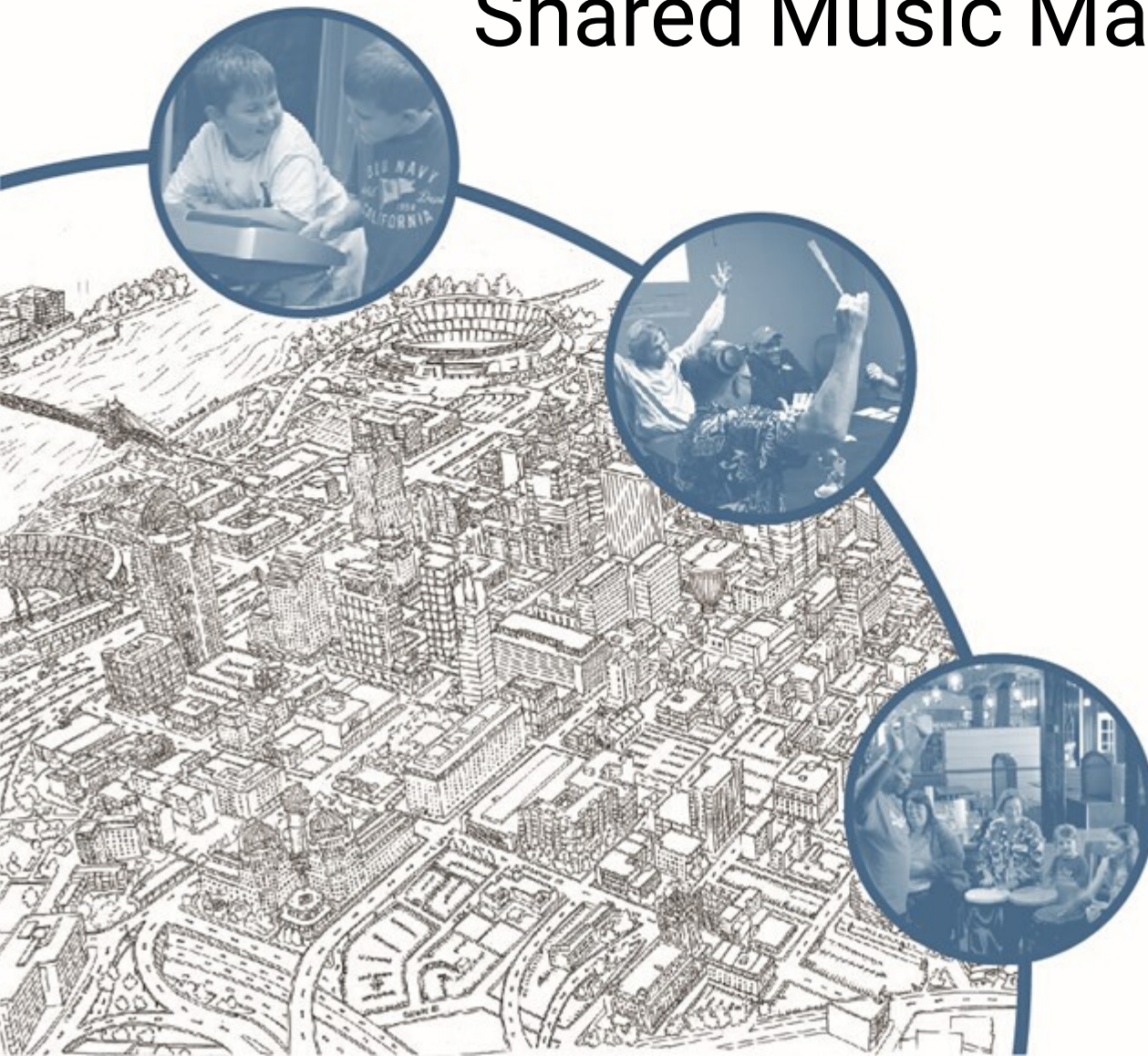


Common Time:

Building Resilience through
Shared Music Making

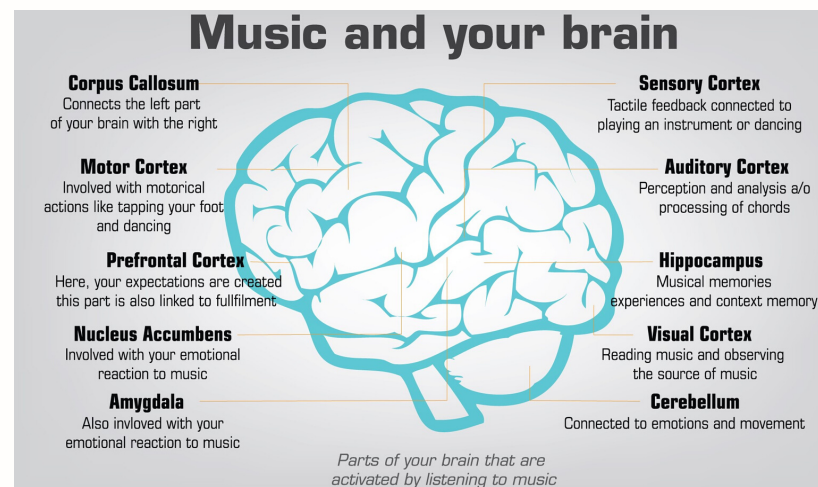


"safe connections
are fundamental to meaningful
and satisfying lives..."

-Besl Van der Kolk

We can't treat a riot, domestic
violence, child abuse, a quarantine, or
COVID-19 itself.

What we can
do is help
people begin
to feel safe
again through
building
relationships.



Limbic System

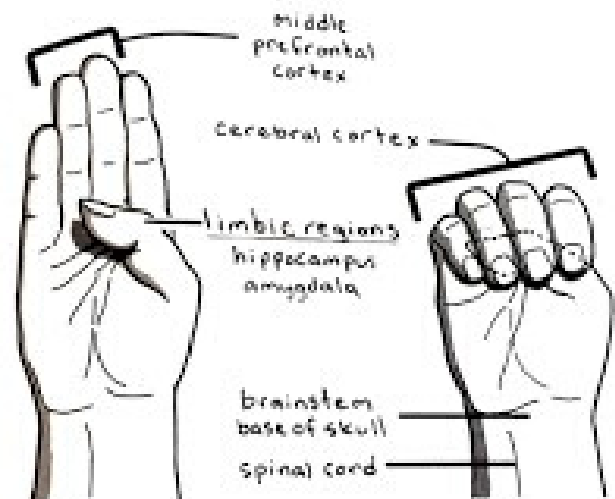
In charge of

F _____

A _____

R _____

When we have experienced trauma, our fear center grows and attachment and regulation centers shrink.





Shrinking and regrowth





Felt Safety, Attachment, Regulation



Shared Affective Motion Experience

Overy and Molnar-Szakacs, 2006

1. Musical sounds are created by movement

2. Purposeful, goal directed movement (through the MNS) encourages other bodies to begin moving

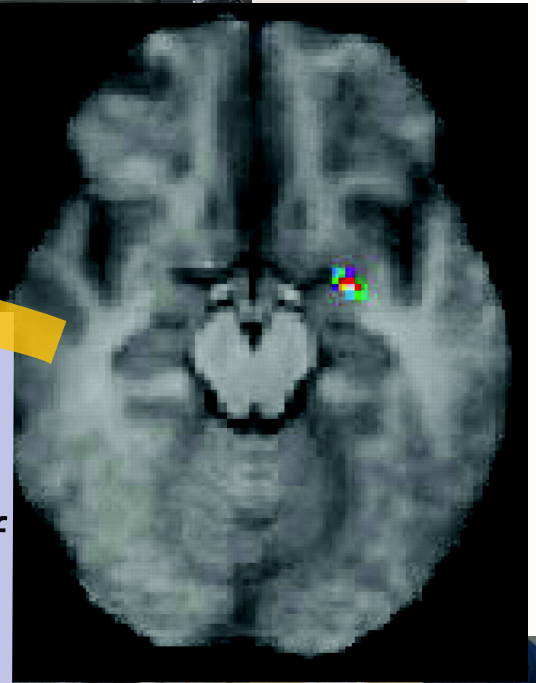
3. Music making happens in groups, in flexible time



Artist: Phil Rowland



Activity in the
amygdala
during imitation of
emotional
expression. *



*from: Neural mechanisms of empathy in humans: A relay from neural systems for imitation to limbic areas. Carr, Iacoboni, et. al, 2003

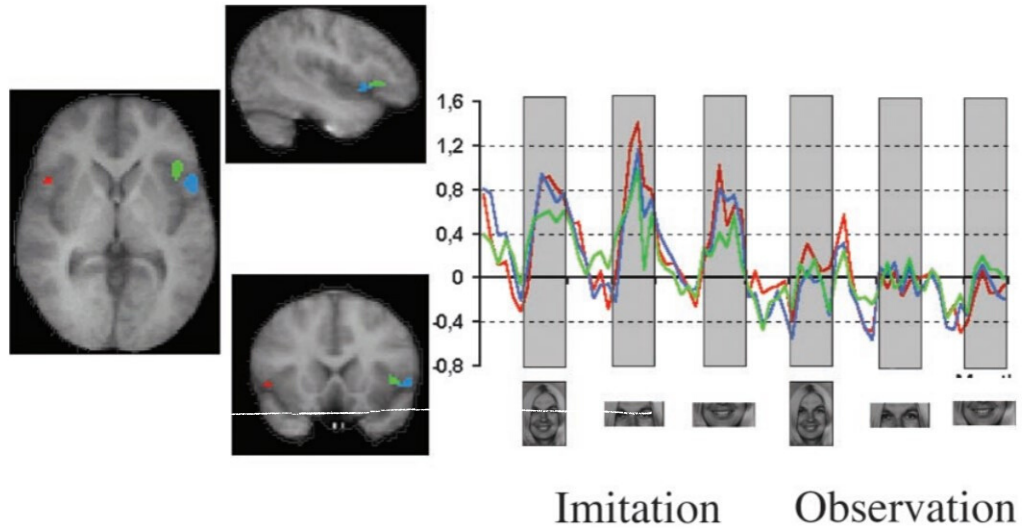


Fig. 3. Activations in the right insula (green) and right (blue) and left (red) inferior frontal cortex. Relative time-series are coded with the corresponding colors. The time-series have been normalized to the overall activity of each region. The activity profile of these three regions is extremely similar throughout the whole series of tasks. *

Adding
not just
gives us a through line from the anterior insula to the
amygdala via the mirror neuron system

Imitation =

Protective Factors

Agency

Affiliation

SSNR

External Supports

Self Esteem