



## **Music Map™©- Your Life Journey through Music** *A research project using music for healing and wellness*

*The MusicMap™© is a project using [Viktor Frankl's Logotherapy](#) approach of finding meaning through music. The MusicMap™© project has two goals: the first is to help people know themselves better by recalling how music has affected them throughout their lives; the second is to help therapeutic musicians or other health care professionals better choose music that fits the needs of patients and their families in order to promote and improve the healing process in a clinical environment.*

*Completing the MusicMap™© will encourage you to find out your relationship with music. You will be able to look back on your life and recall times when music affected you emotionally, mentally, physically and spiritually whether you were aware of it at the moment or not. We hear different kinds of music in various situations. Sometimes the music is chosen, and sometimes it is beyond our control, as in stores and elevators. Any kind of music, including our favorite may become noise when it is inappropriate.*

*It is best if you organize the Map chronologically by year or by your age starting in childhood. Identify the music you experienced by title or by genre. Label the environment in which you heard the music, such as a concert, a school chorus, or at home. Describe what you were doing when you heard the music. This could include driving, shopping, dining, playing, entertaining, dancing, exercising, studying, doing household chores, or just listening. Include your emotional reaction to the music; you can use common terms such as happy, sad, pensive, relaxed, pleased, or your own words. Be sure to also record who was with you when you experienced the music: family, friends, or just yourself. You no doubt will find that one memory leads to another!*

*Writing about how music was part of the special events in your life will both reveal and enrich your memories. You will find that music not only brings back other memories, but that recalling this music leads to deeper reflection regarding important life events. Not only is the MusicMap™© a useful tool for your personal reflection, but it also serves as a reminder that music is part of your life with others. The MusicMap™© can be used to engage other people such as family, friends, clients or patients. In a group setting the MusicMap™© opens a gateway for communication and understanding. Briefly, the MusicMap™© can help people think about meaning in their life—past, present and future. Moreover, besides being of value to yourself, the information you send to the Project will help us design better ways to use music as a therapeutic resource, and to avoid the negative impact of inappropriate music.*

*For our research please email your MusicMap™© and writing to [logomusicmap@gmail.com](mailto:logomusicmap@gmail.com) . Feel free to contact me for further information and other applications of MusicMap™©. Also, please pass this document on to anyone you feel might find it interesting.*

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