

Acupuncture Treatment for Patients With Physical Illnesses Through Mindfulness Meditation With Dhamma Music

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Abstract

The dissertation aimed to achieve three objectives as follows: 1) To study the problems and the causes of physical illnesses of the patients. 2) To study the process of the acupuncture treatment for the patients with physical illnesses through meditation with Dhamma music. And 3) To evaluate the acupuncture treatment for the patients with physical illnesses through meditation with Dhamma music. The research methodology of this dissertation is qualitative research which consists of three phases; those are phase 1, qualitative research design which used the documentary and interviews. Phase 2, qualitative research design which used focus group discussion, and Phase 3, qualitative research design which used documentary, interviews and focus group discussion. The data were collected from 12 Key Informants who practice the mindfulness meditation course at Buddhamahametta Foundation, Chiangraknoi, Ayutthaya Province.

the research reveals a persistent set of physical symptoms experienced by patients, ranging from pain to restricted mobility, attributed to various factors. The holistic treatment protocol, blending acupuncture, mindfulness, and Buddhist teachings, demonstrates promising results. Patients experience significant pain reduction, improved well-being, and enhanced quality of life. This study underscores the potential of integrating traditional practices with modern approaches for comprehensive healing and highlights the importance of a mind-body perspective in healthcare.

Keywords: Acupuncture Treatment, Physical Illnesses, Mindfulness Meditation, Dhamma Music

Introduction

Acupuncture is a traditional Chinese medicine practice that involves inserting thin needles into specific points on the body. It is commonly used to alleviate pain, treat various physical and mental conditions, and promote overall well-being. Acupuncture, when used in this context, helps regulate the flow of Qi (pronounced "chee"), which is believed to be the vital energy that flows through the body along specific pathways known as meridians. By stimulating specific acupuncture points, the balance of Qi can be restored, helping to alleviate symptoms and promote healing (Jingong, Pan, 2008).

The holistic approach of combining acupuncture treatment and dry needling technique with mindfulness meditation and Dhamma music is an interesting and potentially beneficial way to address physical illnesses and promote healing. The physical illnesses often have emotional and psychological components, and incorporating mindfulness meditation can help patients explore and understand these aspects, leading to a deeper level of healing. Mindfulness meditation has been extensively studied and has shown promising results in reducing stress, anxiety, and depression, improving overall mental well-being, and even influencing physical health positively. By practicing mindfulness during acupuncture treatment, patients can enhance their mind-body connection, potentially improving the overall effectiveness of the treatment. (David Legge, 2014)

Mindfulness meditation, on the other hand, is a practice that cultivates a state of present-moment awareness and non-judgmental acceptance. It has been shown to reduce stress, improve mental clarity, and enhance overall health. The Satipatthana Sutta, or the "Discourse on the Arousing of Mindfulness," is an important teaching in Theravada Buddhism. It outlines the practice of mindfulness meditation through four foundations: mindfulness of the body, feelings, mind, and mental objects. The sutta provides detailed instructions on observing and understanding these aspects with non-judgmental awareness. By diligently practicing mindfulness, one can develop insight, the seven factors of awakening, and ultimately achieve enlightenment and liberation from suffering. This sutta is highly regarded as a practical guide for Buddhist practitioners in their quest for spiritual development (M I 55).

Dhamma music, derived from traditional Buddhist chants and melodies, plays a significant role in creating a serene and tranquil atmosphere. This type of music has the potential to induce relaxation, evoke emotions, and support meditation practices. When combined with acupuncture and mindfulness meditation, Dhamma music can further deepen the therapeutic experience by promoting emotional release, calming the mind, and facilitating the healing process.

Research Methodology

The methodology of this dissertation is documentary research, based on the following objectives, namely: - (1) To study the problems and the causes of physical illnesses of the patients., (2) To study the process of the acupuncture treatment for the patients with physical illnesses through meditation with Dhamma music., and (3) To evaluate the acupuncture treatment for the patients with physical illnesses through meditation with Dhamma music. The details are described as follows:

Key Informants

The key informants appeared in this research denoted into 2 groups of scholars and patients who will be interviewed in the given criteria of selecting key information in order to obtain the most flesh and new data and information. A population comprised of the following group: Group 1 : scholars = 12 persons for focus group discussion and Group 2 : patients = 12 persons for in-dept interview. All of key informants are the practitioners who used to take the mindfulness meditation course especially the group of patients selected from practitioner who have taken mindfulness meditation course at Buddhamahametta Foundation Chiangraknoi, Ayutthaya Province. All key informants have fully with knowledge of Buddhism and worldly way.

Data Analysis

Following an in-depth interview and focus group discussion, the data was collected and divided into relevant categories in order to meet the objective need. In order to help patients with physical illnesses lessen their outward suffering during treatment and have a positive experience receiving acupuncture, the summary of the major issues may then be useful for further research, such as meditation with Dhamma song.

Results of the Study

The Summary of Key Informant Interviews on The problems and the causes of physical illnesses of the patients indicated that the individual patient is experiencing a variety of physical symptoms and conditions, including neck, shoulder, and back pain, tremors and weakness after an ischemic stroke, tension from household activities, foot pain, hand pain from excessive device usage, hip, bottom, and knee pain, trigger finger, symptoms of "office syndrome," back and calf soreness, occasional feet swelling, and joint pain that used to be gout-related. It's recommended to seek medical advice for proper diagnosis and personalized treatment plans. General suggestions include maintaining good posture, practicing relaxation techniques, using ergonomic setups, exercising, and considering therapies like acupuncture and physical therapy to alleviate the symptoms. The symptoms of the group of patients are clarified the patient is experiencing persistent pain and discomfort in different parts of their body, such as the arms, scapula, neck, back, hands,

feet, and joints. Pain levels vary from 2 to 5, and the pain is described as chronic, intermittent, and sometimes worsens during specific activities or times of the day. Some symptoms are accompanied by weakness, numbness, or limited range of motion. Seeking medical evaluation and professional advice for accurate diagnosis and treatment is advisable. The symptoms from the whole group described by the individual are attributed to various lifestyle factors and activities: 1) Repetitive motions and stress lead to pain, managed with stretching. 2) Constricted blood vessels and prolonged document signing cause discomfort. 3) Being a housewife and cooking contribute to the pain. 4) Standing and radiating leg pain result from extended periods on feet. 5) Work-related strain leads to moderate palm pain. 6) Incorrect exercise posture is likely causing the pain. 7) Heavy lifting is the source of the discomfort. 8) Poor posture while working on a notebook is causing issues. 9) Prolonged sitting while working contributes to the pain. 10) Extended sitting during work and driving leads to discomfort. 11) Varicose veins are likely responsible for the pain. And 12) Physical wear and tear are probable causes of the discomfort. Adopting healthier habits, ergonomic adjustments, and seeking professional advice are recommended to address and prevent these symptoms.

The Process of acupuncture treatment for the patients through meditation with Dhamma which the researcher set up in this research can be clarified as follows:-

1. Watching VDO clip of patients who have received treatment
2. Reading the apology speech
3. Listen to Dhamma songs while waiting for treatment with the doctor
4. Incorporate Dhamma songs (Buddha's songs) during the treatment session, allowing the doctor and the patients who have practiced Dhamma to pay homage and deeply feel gratitude towards the blessings of the Buddha (Buddhanusati or mindfulness of the Buddha).
5. Assess the results immediately after the treatment by inquiring about the feelings and experiences of the patient after the acupuncture session. Determine whether the treatment outcomes align with the patient's needs and how their condition has changed compared to before the treatment.
6. Provide knowledge about caring for the body and mind, including teaching exercises for disease prevention and practicing mindfulness through listening to Dhamma songs.
7. Conduct a follow-up evaluation after one week of treatment through interviews and discussions.

The researcher conducted a focus group to solicit suggestions for this treatment method and discovered that everyone in the focus group supported this.

The result of the data analysis for the evaluation of the acupuncture treatment for the patients with physical illness through mediation with Dhamma music can be clarified as follows:-

1) The feeling after receiving the treatment. The patient's overall experience with acupuncture treatment has been highly positive, leading to substantial improvements in their pain and discomfort levels. They report reduced pain in various parts of their body, such as the neck, calf, feet, and hands. Many patients have experienced complete pain relief, while others have noted significant reductions in pain levels. The treatment has also positively influenced their mobility and overall well-being. Regular communication with healthcare professionals remains important to ensure ongoing progress and proper management of their conditions.

2) The physical before receiving this treatment & after treatment. For the whole group of patient's experiences with acupuncture treatment have resulted in significant improvements and relief from various symptoms such as

- 1) Partial Improvement: Feeling lighter on one side, discomfort has eased, and they rate it at 2.
- 2) Improved Hand Movement: Fingers, particularly pinky and ring fingers, feel lighter and satisfaction is noted.
- 3) Complete Comfort: Fully comfortable, no stiffness or cracking sounds in the neck, and the pain level is at 1. Upper shoulder blade tension has improved as well.
- 4) Elimination of Foot Pain: Previously unable to wear flat shoes, now free of foot pain and can engage in all activities.
- 5) Hand Tension Relief: Tension and soreness in hands have disappeared after acupuncture.
- 6) Improved Knee Mobility: Acupuncture improved knee bending, walking downstairs, and sitting in meditation.
- 7) Regained Sensation: Previously couldn't feel finger, but now sensation has returned.
- 8) Neck Pain Relief: Pain caused by raising the arm leading to neck stiffness is no longer present.
- 9) Improved Arm Mobility: Can now stretch arms to the back without pain.
- 10) Increased Body Mobility: Previously couldn't twist or bend body, but now able to do so.
- 11) Reduced Stiffness: Significant reduction in stiffness, particularly in a certain area.
- 12) Reduced Pain During Kneeling: Pain level when kneeling has dropped to 2 from a higher level.

These improvements across different symptoms highlight the positive impact of acupuncture treatment. The patient's overall quality of life appears to have significantly improved, with many symptoms either eliminated or greatly alleviated. Ongoing communication with healthcare professionals will be important to maintain these positive outcomes and monitor their progress.

3) The effects of the acupuncture treatment for the patients with physical illnesses through meditation with Dhamma music. For the whole group, the patients highlight the positive impact of acupuncture treatment combined with mindfulness and soothing music on their overall well-being:

- 1) Mental Well-being: Experiencing an improved mental state and feeling lighter by detaching from the body.
- 2) Sense of Relief: Acupuncture brings relief,

is painless, and has alleviated existing discomfort, leading to overall improvement. 3) Music and Mindfulness: Acupuncture accompanied by music reduces anxiety and fear of needles. Connecting with the melody brings ease and relaxation. 4) Mindful Healing: Listening to Dharma music during acupuncture lessens discomfort and fear of needles. The treatment becomes a healing experience. 5) Positive Energy: Dharma music combined with acupuncture harnesses positive energy, accelerates healing, and shortens discomfort duration. 6) Holistic Healing: Acupuncture addresses physical and mental aspects, enhanced by Buddhist mindfulness for better results. 7) Music's Impact: Focusing on Dharma music shifts attention from pain, reducing discomfort during acupuncture. Alignment with music lessens pain. 8) Relaxation and Pain Management: Wave therapy and Dharma music complement medical treatments, promoting relaxation, pain management, and better results. 9) Immediate Relief: Acupuncture's symptoms disappeared after the session, accompanied by music further enhancing relaxation. 10) Mindful Connection: Buddha's chants during acupuncture foster a deep connection, resulting in pain reduction and focused mindfulness. 11) Positive Energy from Music: Music-based treatment leads to pain improvement, akin to receiving positive energy from Buddha's chants. 12) Enhanced Treatment Outcomes: Combining traditional treatment with Dharma music improves concentration, mindfulness, and overall results. These perspectives emphasize the multi-dimensional benefits of combining acupuncture, mindfulness, and soothing music, not only for physical relief but also for mental well-being and a deeper sense of connection.

4) This acupuncture treatment helps the body and mind. For the whole group, The patients express how the combination of acupuncture treatment, Dharma music, and mindfulness significantly improves their physical and mental well-being: 1) Mind Over Pain: Dharma songs shift their focus away from suffering, making them feel more comfortable. Pain reduces from 5 to 1, leading to a sense of daily happiness. 2) Physical and Mental Benefits: Pain relief is achieved both physically and mentally. Pain reduced to 0 in some points, and for others, from 5 to 3. 3) Dual Effect: Acupuncture addresses discomfort in daily life, providing physical and mental relief. Pain decreases from 5 to 2. 4) Complete Physical Relief: Achieves 100% physical relief while enhancing mental well-being without superstitions. 5) Holistic Upliftment: Relief from discomfort leads to improved mental state. Pain decreases from 1-5 to less than 1 (around 0.05). 6) Overall Well-being: Incorporating daily stretching, music, and mindfulness. Pain duration decreases, and pain reduces from 5 to 2. 7) Empowerment: Regained sensation in fingers brings empowerment, ease, and increased peace of mind. 8) Lasting Pain Relief: Treatment coupled with music and mindfulness ensures prolonged pain relief compared to traditional massage. 9) Physical and Mental Relief: Achieves complete relief physically and relaxation mentally, pain level reaches 0. 10) Immediate Discomfort Relief: Treatment results in instant discomfort relief,

seen as miraculous. 11) Gentle Mind and Focus: Treatment promotes a gentler mind, enhancing the focus on healing. 12) Dual Body-Mind Enhancement: Mindfulness during treatment, combined with sound meditation, aids in a smoother process, reducing pain from 5 to less than 1. These accounts underscore the transformative impact of combining acupuncture with mindfulness and music, not only for pain reduction but also for holistic well-being and mental clarity.

5) Well-being improvement. For the whole group, the patients provide succinct summaries of how their quality of life has improved through the combination of acupuncture, mindfulness, and music therapy: 1) Positive Wishes: Wishing for wellness. 2) Enhanced Life Quality: Improved physical health and mental strength resulting in a better quality of life. 3) Decreased Pain and Emotion Connection: Significant pain reduction and less emotional connection to the body. 4) Positive Wishes: Wishing for wellness. 5) Increased Comfort: Improved quality of life, less worry about painful points, and enhanced daily comfort. 6) Substantial Improvement: Reduced pain from constant discomfort, leading to a better life and pain reduction from level 5 to 1 or 2. 7) Regained Abilities and Confidence: Improved life quality, regaining strength and confidence in performing tasks. 8) Agility, Flexibility, and Serenity: Improved mobility, mental state, and stress reduction, leading to greater agility and flexibility. 9) Pain-Free Work: Improved quality of life, pain no longer hindering work and allowing for a sense of ease. 10) Significant Improvement: Complete disappearance of constant lower back pain, resulting in a better quality of life. 11) Positive Change: General improvement. 12) Enhanced Quality of Life: Improved life quality due to diminished intense pain. These summaries highlight the transformative impact of the treatment regimen on various aspects of patients' lives, including pain reduction, regained abilities, improved mental states, and overall well-being.

6) Satisfaction after receiving this treatment. The results of research found that the patients consistently rate their satisfaction level with the treatment and its outcomes as 5, indicating the highest level of satisfaction. They express positive experiences, improvements in their physical conditions, enhanced confidence, and a general sense of well-being. Their unanimous endorsement reflects the success of the treatment regimen in improving their quality of life and overall health.

As the researcher's opinion, From the assessment of raw data gathered through interviews, it has become evident that patients experience varying degrees of pain throughout their bodies. The pain presents diverse causes, locations, and intensities. Patients can describe the origin of their pain, pinpoint areas of impaired movement, and identify body parts with compromised functionality. The severity of the pain is well communicated, allowing for a clear understanding of the discomfort's magnitude. Moreover, patients actively engage in the treatment process, displaying a high level of

cooperation and participation in both treatment and evaluation. Upon concluding the follow-up interviews, the results of the treatment have been found to be satisfactory. Patients demonstrate exceptional cooperation, understanding, and adherence to the planned treatment regimen. Furthermore, those with prior experience in mindfulness and meditation are able to effectively integrate basic Buddhist principles by using Buddhist chants (phrases of the Buddha) as a medium to guide their minds. This facilitates a heightened awareness of the compassion and benevolence of the Buddha throughout the treatment period. They effectively manage their physical well-being and communicate effectively for evaluation purposes.

This comprehensive approach not only highlights the successful integration of music, mindfulness, and patient engagement in the treatment process but also underscores the potential benefits of utilizing traditional practices alongside modern medical interventions. The results suggest that a harmonious integration of these elements contributes to improved patient outcomes and overall well-being, emphasizing the interconnectedness of mind and body in the healing process.

In conclusion, the individual's varied physical symptoms necessitate personalized medical evaluation and treatment. Embracing healthier habits and exploring therapies like acupuncture and physical therapy are crucial steps. These symptoms, stemming from lifestyle factors, underscore the importance of proactive management and prevention strategies. Drawing from the researcher's experience, the widespread impact of musculoskeletal pain is evident. Acupuncture emerges as a cost-effective treatment, with potential discomfort mitigated through open communication between patients and healthcare providers. Furthermore, the research underscores the synergy between music, mindfulness, and comprehensive healing. Rooted in scientific understanding, it leverages Buddhist chants to enrich pain management. This fusion, coupled with patient engagement, aims to redefine pain management through a holistic lens. In addition, the combination of acupuncture, mindfulness, and music yields remarkable improvements for patients. Pain reduction, enhanced well-being, and increased mobility characterize this approach, which resonates in patient satisfaction and endorsement. Ultimately, the success of integrating traditional and modern techniques underscores the potential for holistic healing, bridging the connection between body and mind.

Discussions

The discussion about the problems and the causes of physical illnesses of the patients indicated that the study's conclusion highlights that patients often experience persistent physical symptoms, including chronic pain and discomfort in various body parts. These issues stem from factors like repetitive motions, stress, poor posture, and physical

activities. Seeking medical evaluation for accurate diagnosis and personalized treatment plans is crucial. The researcher's experience as a neurosurgical and sports medicine physician reinforces the prevalence of musculoskeletal problems due to sports injuries and accidents, impacting daily life and healthcare systems. Acupuncture emerges as a cost-effective treatment option, though patient concerns about needles require clear communication. Alternative treatments should be considered for needle aversion, prioritizing patient comfort and well-being. This approach emphasizes tailored care to effectively manage physical ailments.

The discussion of the process of acupuncture treatment for the patients with physical illnesses through meditation with Dhamma music, The approach combines acupuncture, mindfulness, and Buddhist chants (Dhamma music) to treat physical ailments holistically. This includes stages like patient videos, apology speech, Dhamma song listening, acupuncture with music, immediate assessment, education on body-mind care, and follow-up. The focus group supports this approach. It aims to enhance mental well-being alongside physical healing, using music and mindfulness to create a calming atmosphere and promote the mind-body connection. This holistic method includes exercises for patients post-treatment and recognizes the interplay between mental and physical health. Cultural sensitivity is important when using spiritual elements like Buddhist chants. Further research is needed to validate its effectiveness.

The discussion about the evaluation the acupuncture treatment for the patients with physical illnesses through meditation with Dhamma music, the study explores how acupuncture treatment combined with mindfulness meditation and Dhamma music positively impacts patients with physical illnesses. Results show improved pain relief, overall well-being, and mobility. Patients communicate pain sources, and actively engage, and those familiar with mindfulness benefit more. The mind-body connection and patient-team collaboration are highlighted. Music-assisted mindfulness alleviates treatment discomfort. Patients' satisfaction underscores the approach's success, indicating the potential for enhancing the quality of life and holistic health. Further research is needed to confirm these findings on a larger scale.

Recommendations

This research suggests that integrating meditative mindfulness, Buddhist teachings through music, and acupuncture treatments can have positive outcomes. To enhance patient care:

1. Consider incorporating Buddhist practices like chanting before treatments.
2. Use symbolic gestures, such as water libation, to express gratitude.
3. Extend mindful music and practices to other medical procedures.

4. Foster a positive mindset and concentration among medical professionals and patients.
5. Create a calm and contented atmosphere to improve the overall patient experience.
6. Keep in mind individual preferences and cultural sensitivities when implementing these practices.

This approach can lead to improved patient satisfaction and overall well-being. Further research should explore the long-term effects and healthcare professionals' perspectives on these practices..

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