

Sound Therapy Workshops for Healthcare Professionals



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Introduction

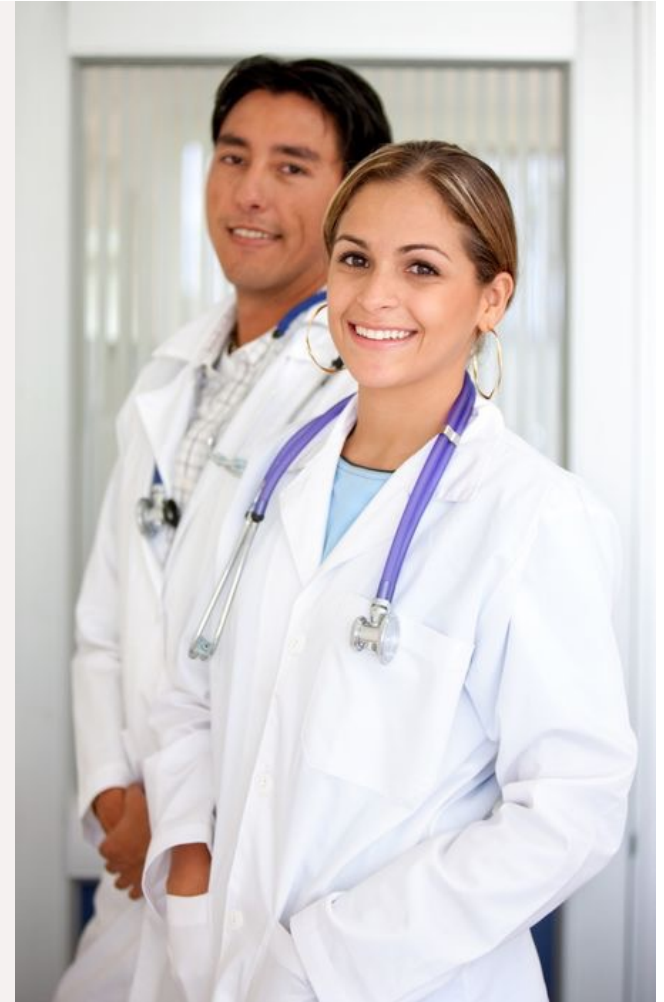
Occupational Stress in healthcare professionals



Occupational stress in Healthcare workers

Healthcare workers suffer from work-related or occupational stress. Often this is because healthcare workers face high expectations and they may not have enough time, skills and social support available for them at work.

More precisely the issues include work overload, excessive working hours, sleep deprivation, repeated exposure to emotionally charged situations, dealing with difficult patients and conflicts with other staffs. Management of such stress should be given due importance as the above can lead to severe distress, burnout, mental or physical illness.



Occupational stress in Healthcare workers

In the end, healthcare workers may be unable to provide high quality healthcare services due to the abovementioned issues. The consequences can also be costly because affected healthcare workers take sick leave and may even change jobs.

During the current Covid-19 public health crisis, these issues are more severe and needs to be addressed urgently. Generally work-related stress and burnout can be addressed with (1) teaching cognitive-behavioural techniques, and/or (2) engaging in mental or physical relaxation, and/or (3) by changing the organisation of work.

In the following slides we will introduce sound therapy that may provide (1) and (2) as a possible solution.



About us

Love on Time Charity Foundation
Zentrium Company Limited

A large white number 2 is centered over a square image of dried reeds. The reeds are light brown and have a feathery texture. The background of the image is a solid, muted brown color. The number 2 is a simple, clean, sans-serif font.

Love On Time Charity Foundation

Love on time Charity Foundation is a charitable foundation dedicated to helping those in need since 2013. We aspire to share love and connect people.

Our regular activities include feeding low income families, bringing love and care to the elderly, and providing support to other social enterprises. We also focus on mental health and promote mindfulness.

Healthcare professionals have been battling in the frontline against Covid-19 over the past few years. To show our gratitude, we would like to offer a free workshop to healthcare workers to help manage stress as a token of appreciation.

Visit our website: <https://www.loveontimecharity.com/>



Zentrium Company Limited

Zentrium is a wellness centre with a variety of wellness classes that range from preventative, to strengthening and conditioning, to recovery therapies. We strive to care for our members' physical as well as mental wellbeing holistically.

Our team is formed by a group of health-conscious individuals from different professions. Some of us are experienced yoga teachers, while others are just beginning our zen journey. This diverse background allows us to understand and empathise with members of different stages. It is important that we build rapport and encourage members to do whatever is good for their souls.

Visit our website: <https://zentrium.com.hk/>



What is sound therapy?

Tibetan Singing Bowls

A large white number 3 is centered over a square image. The image shows several dried reeds or grasses with feathery heads, set against a soft, out-of-focus background. The entire slide has a warm, earthy beige color palette with a subtle horizontal band across the middle.

What is Sound Therapy?

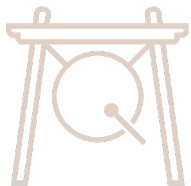


Sound Therapy uses sound, music and specialist instruments played in therapeutic ways, combined with deep self-reflection techniques to improve health and wellbeing.

It is now widely accepted that most illness is stress related. Therefore treatment methodologies that promote relaxation and help reduce stress can be a very effective way to prevent and treat illness. Meditation and relaxation leads to an increase in the production of theta and alpha brain waves.

Brain waves are divided into five different bandwidths that are thought to form a spectrum of human consciousness. The slowest of the waves are delta waves (.5 to 3 Hz), which are the slowest brain waves and occur mostly during our deepest state of sleep. The fastest of the waves are gamma waves (25 to 100 Hz), which are associated with higher states of conscious perception. **Alpha waves (8 to 12 Hz) occur when the brain is daydreaming or consciously practicing mindfulness or meditation.**

Tibetan Singing Bowls

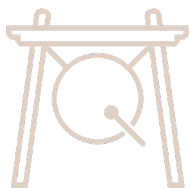


A Tibetan singing bowl is a type of bell that vibrates and produces a rich, deep tone when played. Also known as singing bowls or Himalayan bowls, Tibetan singing bowls are said to promote relaxation and offer powerful healing properties. It can be used on oneself, on a 1 on 1 session and in a group setting. Traditional bowls were made of a variety of metals including mercury, lead, silver, iron, gold, and copper.

Reported benefits include:

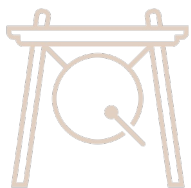
- Stress relief
- Improving sleep
- Lowering blood pressure
- Reducing depression
- Stimulating the immune system
- Pain relief
- Balancing and harmonising the body
- Enhancing other healing practices

Tibetan Singing Bowls



In reference to “Synchronized Activation of Brain Waves by Singing Bowl Beating Sounds” by Seong Chan Kim and Min Joo Choi (June 2021)¹, the study aims to verify if the beating sound of a singing bowl synchronizes and activates brain waves. The singing bowl sound used in this experiment strongly beats at the frequency of 6.68 Hz, while it decays exponentially and lasts for about 50 sec. Brain waves were measured for 5 min at the F3 and F4 region of the 17 subjects who heard the beating singing bowl sounds. Experimental results showed that the increases (up to ~ 251 %) in the spectral magnitudes of the brain waves were dominant at the beat frequency, compared to those of any other clinical brain wave frequency bands. **The observed synchronized activation of the brain wave at the beating sound frequency supports that the singing bowl sound may effectively facilitate meditation and relaxation, considering that the beat frequency belongs to theta waves which increases in the relaxed meditation state.**

Tibetan Singing Bowls



Based on scientific research published on the American Journal of Health Promotion, of the 51 participants that completed the study sessions with 12 minutes of Singing Bowls exposure or silence, “systolic and diastolic BP were significantly lower with both interventions over time ($P < .001$), and HR fell significantly in both groups ($P < .05$) and was significantly lower in the Singing Bowls group with a significant intervention x time interaction ($P = .004$).” (Jayan Marie Landry, 2014)².

In “Effects of Singing Bowl Sound Meditation on Mood, Tension, and Well-being: An Observational Study” (Tamara L Goldsby, PhD, Michael E. Goldsby, PhD, Mary McWalters, BA, and Paul J. Mills, PhD, 2017)³, results show that “individuals in the age group 20 to 39 years displayed the largest change in tension, with a mean score of 1.6 at baseline and a mean of 0.2 posttreatment, followed by those in the age group 40 to 59 years who had a tension mean of 1.3 at baseline and 0.2 posttreatment ($P < .05$).”

In another study at an Italian Oncology Unit, it was concluded that “Tibetan Bowls appear to decrease anxiety, state of arousal, involuntary mental activity and induce a better adjustment to stress” (L. Pigaiani, M. Casini, L. Bidin, P. Seghini, L. Cavanna, 2016)⁴.

A great example of Tibetan Singing Bowls Sound Therapy session:

https://www.youtube.com/watch?v=Q3mQlu_h868

Trial Workshop

Stretching and meditation sound therapy workshop



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In this 1.5-hour workshop we aim to include these elements

We can host this workshop as a free trial for each qualified organisation. Maximum 17 participants each workshop.

Relaxing Stretch

Relaxing stretch eases and loosens tight muscles and offer a sense of well-being and tranquillity. It helps to train awareness of the mind to calm quickly.

Stretching can also improve alignment and help posture, which contributes to less muscle pain and more energy throughout the day. It can also effectively reduce the risk of injury.

Meditation with Tibetan Singing Bowls

Meditating with singing bowls can help participants to learn to stay cantered and keep inner peace. It is well used by people to cope with stress by refocusing the attention on calming the mind.

Other benefits include gaining a new perspective on stressful situations, increasing self-awareness, focusing on the present, reducing negative emotions etc.

Workshop Evaluation Form

Your feedback is critical for Zentrium to ensure we are meeting your needs. We would appreciate if you could take a few minutes to share your opinions with us so we can serve you better.

Please return this form to the instructor or organizer at the end of the workshop. Thank you.

Workshop title: _____

Date: _____ Instructor: _____

	Strongly agree				Strongly disagree
1. The class routine was the same as communicated in publicly available materials	1	2	3	4	5
2. The workshop was presented in an organized manner	1	2	3	4	5
3. The program was well paced within the allotted time	1	2	3	4	5
4. The instructor's guidance was clear and easy to understand	1	2	3	4	5
5. I feel more relaxed after completing the workshop	1	2	3	4	5
6. The workshop was beneficial to me physically, mentally and spiritually	1	2	3	4	5
7. I will recommend this workshop to fellow colleagues	1	2	3	4	5
8. I would be interested in attending a follow-up, more advanced workshop on this same subject	1	2	3	4	5
9. Was this workshop:	<input type="checkbox"/> a. Too short <input type="checkbox"/> b. Right length <input type="checkbox"/> c. Too long				

10. What did you most appreciate/enjoy/think was best about the course? Any suggestions for improvement?

Thank you!

Please return this form to the instructor at the end of the workshop.

After each workshop participants will be asked to fill out an evaluation form so we can improve and tailormade more suitable workshops for healthcare workers.

Contact us

If you wish to tailor-made workshops or Practitioners Training with recognized certifications, please reach out to us anytime!

Love On Time Charity Foundation

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A large white number 5 is centered over a rectangular image of dried reeds. The reeds are light brown and have a soft, feathery texture. The background of the image is a muted, dusty rose color. The number 5 is a simple, clean, sans-serif font.

References

- 1) Seong Chan Kim and Min Joo Choi (2021), Synchronized Activation of Brain Waves by Singing Bowl Beating Sounds,
https://www.researchgate.net/publication/352270187_Synchronized_Activation_of_Brain_Waves_by_Singing_Bowl_Beating_Sounds
- 2) Jayan Marie Landry (2014), Physiological and Psychological Effects of a Himalayan Singing Bowl in Meditation Practice: A Quantitative Analysis,
<https://pubmed.ncbi.nlm.nih.gov/23941101/>
- 3) Tamara L Goldsby, PhD, Micharl E. Goldsby, PhD, Mary McWalters, BA, and Paul J. Mills, PhD (2017), Effects of Singing Bowl Sound Meditation on Mood, Tension, and Well-being: An Observational Study,
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5871151/>
- 4) L. Pigaiani, M. Casini, L. Bidin, P. Seghini, L. Cavanna (2016), Psychological and physical benefits in metastatic cancer patients using Tibetan Singing Bowls. A Pilot study in an Italian Oncology Unit,
[https://www.annalsofoncology.org/article/S0923-7534\(19\)56741-2/fulltext](https://www.annalsofoncology.org/article/S0923-7534(19)56741-2/fulltext)

Thank you!

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A decorative image of dried reeds or grasses, positioned behind the number 7. The image is a square inset with a dark, muted brown background, contrasting with the lighter tan background of the slide.