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The majority of the clients I have the pleasure of working with are living with chronic mental illness, addictions, and/or a history of trauma. They are often trying desperately to manage their recovery with little to no support from others.

I was astounded to see how the Beamz was able to give them a positive break from the stressful reality of their daily life. The recreational music making activities led to outcomes of reduced stress, increased control of thoughts, improved concentration, increased social interactions, and smiles; all while individuals were often in crisis.

I believe that treatment utilizing the Beamz complements the recovery model and aligns with trauma-informed care by highlighting a person's strengths. It is also a very innovative and creative way to provide treatment that made our patients excited and more motivated for their treatment journey.

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