



# Music of the Soul: Composing Life Out of Loss

By Joy S. Berger

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**Music of the Soul: Composing Life Out of Loss** By Joy S. Berger

*Music of the Soul* guides the reader through principles, techniques, and exercises for incorporating music into grief counseling, with the end goal of further empowering the grieving person.

Music has a unique ability to elicit a whole range of powerful emotional responses in people - even so far as altering or enhancing one's mood - as well as physical reactions. This interdisciplinary text draws in equal parts from contemporary grief/loss theory, music therapy research, historical examples of powerful music, case studies, and both self-reflecting and teaching exercises. Music is as much about beginnings as endings, and thus the book moves through life's losses into its new beginnings, using musical expression to help the bereaved find meaning in loss and hurt, and move forward with their lives. With numerous exercises and examples for implementing the use of music in grief counseling, the book offers a practical and flexible approach to a broad spectrum of mental health practitioners, from thanatologists to hospice staff, at all levels of professional training and settings.

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## Editorial Review

### Review

*"This is an important book for the field, beautifully written, with powerful and heartfelt content."* - **Galen Miller, Ph.D.**, Executive Vice President, The National Hospice and Palliative Care Organization

*"For all of us who have experienced the deep loss of a loved one or struggled with the darkness of daily despair, this book is a pastoral voice of healing and a reminder of the power of music to transform us in Life's moments of greatest vulnerability, grief, or intimacy."* - **Dr. John H. Dickson**, Director of Choral Studies, Texas Tech University, USA

*"Berger's use of music as metaphor permeates every page, in language that is inspiring and easy to understand....this is a book that not only reaffirms the importance of music but also provides a signpost to new ways of thinking about palliative care."*

- **Bob Heath**, State registered music therapist in *BereavementCare*

### About the Author

**Joy S. Berger, FT, DMA, BCC, MT-BC** is the Director of Education at the Hospice Education Network (HEN), [www.hospiceonline.com](http://www.hospiceonline.com), where she ensures that the Hospice Education Network remains at the forefront in developing innovative solutions and services to meet the educational needs of hospice and palliative care professionals nation-wide. She is a recipient of the National Heart of Hospice Award for Psychosocial/Spiritual Care by the National Council of Hospice & Palliative Professionals. Dr. Berger is a Fellow in Thanatology® (Association for Death Education and Counseling), Doctor of Musical Arts (piano performance), with board certifications as a chaplain (Association of Professional Chaplains) and music therapist (Certification Board for Music Therapists). The author can be found on the web at [www.composinglife.com](http://www.composinglife.com) and [www.hospiceonline.com](http://www.hospiceonline.com).

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Nowadays reading books are more than want or need but also become a life style. This reading habit give you lot of advantages. The benefits you got of course the knowledge the particular information inside the book that improve your knowledge and information. The information you get based on what kind of reserve you read, if you want attract knowledge just go with knowledge books but if you want feel happy read one along with theme for entertaining including comic or novel. Often the Music of the Soul: Composing Life Out of Loss is kind of book which is giving the reader capricious experience.

**David Barr:**

Reading a book tends to be new life style in this particular era globalization. With examining you can get a lot of information that will give you benefit in your life. Using book everyone in this world may share their idea. Textbooks can also inspire a lot of people. Lots of author can inspire their reader with their story or maybe their experience. Not only situation that share in the publications. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors these days always try to improve their skill in writing, they also doing some exploration before they write to the book. One of them is this Music of the Soul: Composing Life Out of Loss.

**Harry Anderson:**

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**Michele Sexton:**

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