



EUROPEAN CONSORTIUM OF ARTS THERAPIES EDUCATION

ECArTE

18TH EUROPEAN ARTS THERAPIES CONFERENCE

9-12 SEPTEMBER 2026

PULA, CROATIA

From Sounds to Peace: Music Therapy for Preventing Aggression During War

Від звуків до миру: музична терапія як засіб запобігання агресії під час війни

Tetiana Chernous

In the context of armed conflict, issues of stabilization, adaptation, and the enhancement of resilience become key priorities for the psychological support of the population. The rise in aggression, anxiety, and emotional instability caused by war draws attention to a wide range of concerns related not only to crisis intervention but also to the prevention of acute psychological conditions resulting from prolonged and severe stress.

The need for psychological support extends far beyond military personnel — all groups within the civilian population require focused and ongoing attention, particularly those directly or indirectly affected by violence and displacement. In this context, art-based methods, particularly music therapy, are gaining special relevance as effective and non-invasive tools of psychological assistance. These therapeutic approaches help reduce emotional tension, regulate psycho-emotional states, and prevent the escalation of aggressive behavior.

At the same time, the application of such methods by professionals who themselves operate in conflict zones necessitates further research into their effectiveness under extreme, high-pressure, and crisis-related conditions. This underscores the growing need to structure psychosocial support systems, with an initial and targeted focus on professionals — psychologists, educators, social workers, and rehabilitation specialists. Such a model not only helps stabilize the specialists themselves but also promotes the broader and more sustainable integration of music therapy approaches into support practices for both civilians and military personnel.



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Under wartime conditions, institutional support plays a critical role as a reliable and essential foundation that bridges scientific research with practical implementation. It provides a platform for developing music therapy as a powerful tool for restoring inner balance and fostering a lasting culture of peace in the complex realities of war.

Chernous Tetiana, PhD in Psychology, Lecturer at the Department of Psychology, National University of Ostroh Academy. Certified music therapist and dance-movement therapist. Vice-President of the Orff-Schulwerk Association of Ukraine (OSAU), founding member of the Association of Music Therapists of Ukraine (AMU), and member of the Ukrainian Union of Psychotherapists (UUAP). Her professional interests focus on the application of creative arts therapies in crisis settings, particularly music and movement-based interventions for emotional regulation, trauma recovery, and resilience building among both civilian and military populations in wartime conditions.

Recent Publications

Chernous, T., Kalamazh, R. & Romaniuk, V. (2024). **Development of Emotional Intelligence in Future Elementary School Teachers.** *Youth Voice Journal*, 14(3), 33–44. ISBN (ONLINE): 978-1-911634-82-9

Chernous, T., Handzilevska, H., Balashov, E., & Ratinska, O. (2024). **Development of Emotional Competence through Music and Movement: Comparative Analysis of the Professional Educational Programs of Prospective Primary School Teachers in Ukraine and Austria.** *Journal of Education Culture and Society*, 15(2), 665–682.

<https://doi.org/10.15503/jecs2024.2.665.682>

Handzilevska, H., Balashov, E., Shershnova, O., Chernous, T., Levakova, E. (2024). **Psychological Analysis of Wera Wowk's Poetic Collection "Mandala" in the Resilience Resources' Context: Orff Approach.** *Rivista di psicolinguistica applicata. Journal of Applied Psycholinguistics*, 2024, 79–88. DOI: 10.19272/202407701005