



# Voice Work in Music Therapy During Times of Continuous Stress: A Qualitative Study of Vocal Techniques and Their Possible Influences

עבודה קולית בטיפול במוזיקה בזמנים של סטרס ממושך: מחקר איכותני  
אודות טכניקות קוליות והשפעותיהן

**Tamar Avni**

## Introduction

In today's politically, socially, and environmentally unstable world, individuals and communities are increasingly exposed to ongoing stress, uncertainty, and trauma. While music therapy has been studied as an effective intervention for Post-Traumatic Stress Disorder (PTSD) (Ma, Yuan & Zhong, 2024), therapeutic approaches addressing *Continuous Traumatic Situations* (CTS) - in which the source of threat or trauma remains active - are still underexplored.

Previous research indicates that voice-work in music therapy can support emotional regulation, relaxation, embodiment, and therapeutic connection (Meashey, 2020; Austin, 2008). Through vocal expression, resonance, and attunement, clients may access non-verbal pathways for processing emotion and restoring a sense of agency and grounding. These qualities could be particularly valuable for individuals and communities facing prolonged instability or war. However, the specific use and adaptation of vocal methods in CTS contexts have received very limited attention in the literature.

## Methods

This qualitative study employs semi-structured interviews with eight experienced music therapists who use voice as a central modality and have provided therapy during extended periods of conflict and uncertainty. Data are analysed using reflexive thematic analysis to identify key themes, patterns, and contextual considerations.



## Results

The emergent themes and sub-themes will be presented at the conference, illustrating how vocal tools and techniques are applied, modified, and integrated within therapy for CTS conditions.

## Discussion and Conclusion

This study aims to deepen understanding of how voice-work in music therapy can be sensitively adjusted for CTS contexts, offering practical insights and guidelines for therapists supporting clients living under continuous threat.

## Biography

**Tamar Avni** is a music therapy student at the University of Haifa. She is a certified Somatic Experiencing (SE) practitioner specializing in trauma therapy. For her master's thesis, Tamar is exploring the ways in which the voice can support the therapeutic process.

## References

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