

8th European Neurology Congress

September 21-23, 2016 Amsterdam, Netherlands



Galina Mindlin

Mount Sinai, USA

Short-term effectiveness and acceptability of “Brain Music Therapy” (BMT), a self-guided neurofeedback intervention for anxious insomniacs

Objective: This uncontrolled pilot study assessed short-term effectiveness and acceptability of “brain music therapy” (BMT), a self-guided neurofeedback intervention for anxious insomniacs.

Methods: Following baseline assessment, volunteers (n=15) with clinically significant insomnia and anxiety underwent EEG. Slow and fast wave brain patterns were converted to piano music tracks and transferred to CD’s. Participants were instructed to use their personalized CDs to facilitate sleep and anxiety reduction (relaxing track) or to stimulate focus and alertness (activating track) on a daily basis. Repeated measures of sleep (PIRS), anxiety (STAI), daytime functioning (DFT) and quality of life (QOL) were taken at weeks 0, 3 and 6.

Results: Participants were middle-aged (43.9/11.4), Caucasian (60.0%) females (66.7%) who were college educated (100%) and employed (93.4%). ANOVA showed significant changes on measures of sleep, anxiety and DFT (i.e., fewer negative effects); no changes were found for DTF (i.e., more positive effects) or for QOL. Intervention acceptance was high, with participants reporting easy use, helpfulness and willingness to refer friends with similar problems.

Conclusions: Results provide preliminary support for BMT as a treatment for anxious insomnia. The intervention is user friendly, while eliminating the need for potentially dangerous hypnotics and repeat visits to psychotherapists.

Biography

Galina Mindlin, MD is an Assistant Clinical Professor of Psychiatry at Icahn School of Medicine, Mount Sinai Health System and Clinical/Executive Director at Brain Music Treatment Center in New York City. She is board certified in Psychiatry/Neurology and holds a PhD in Neuroscience. She co-authored the book “*Your Playlist Can Change Your Life*” (Sourcebooks, 2012). She is trained in psychodynamic psychotherapy at Columbia University, completed her training in DBT and is thought mindfulness by Thich Nhat Hanh. She is the founder of Brain Music Therapy (BMT), in the US. She collaborates with other neurofeedback providers across the United States and is in private practice in New York City.

mindlinbmt@yahoo.com

Notes: