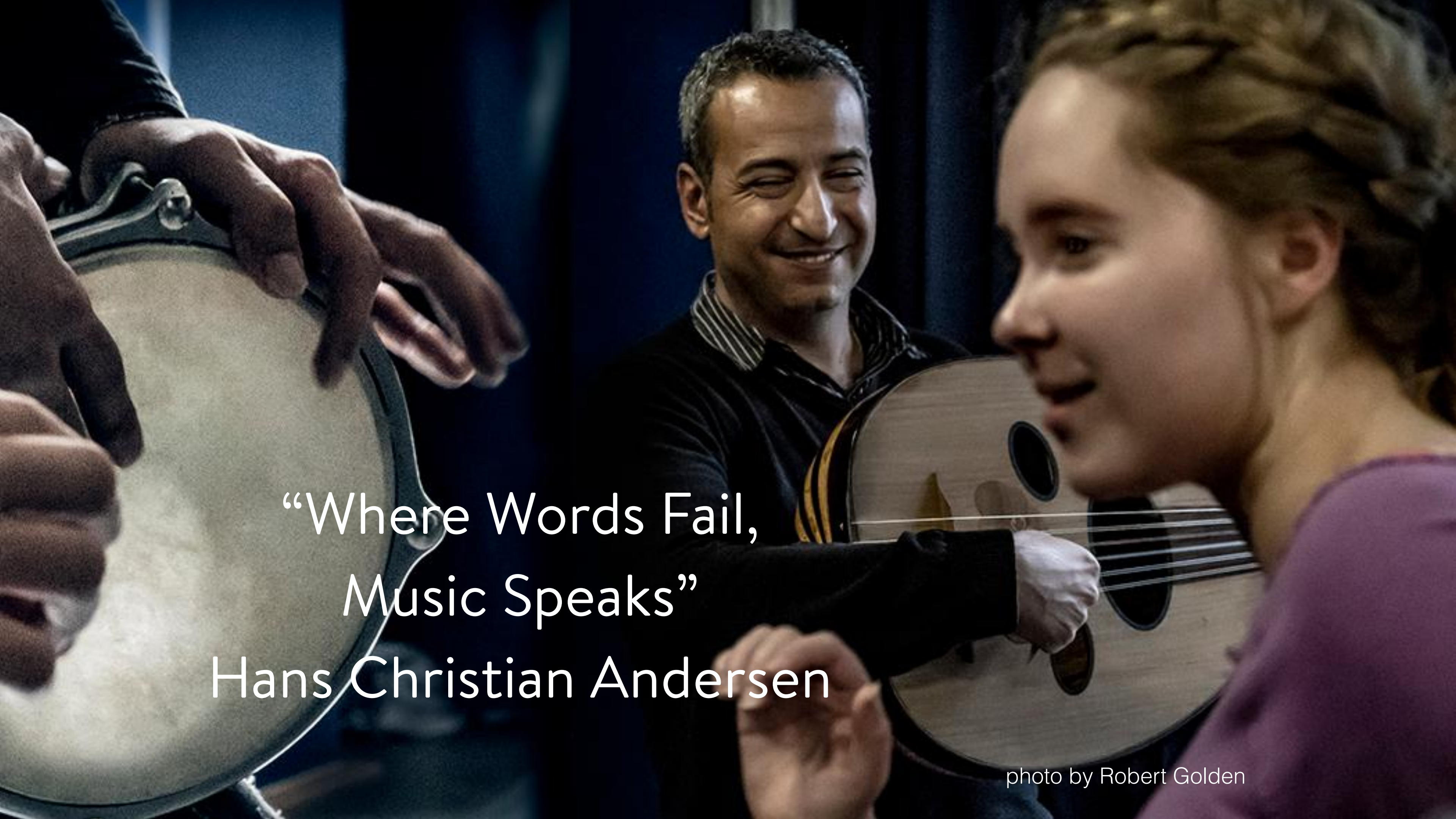




MUSIC AND THE NERVOUS SYSTEM

**Trainer
Darren Abrahams**

**Musicians
of Change
2025-2026**



“Where Words Fail,
Music Speaks”
Hans Christian Andersen

photo by Robert Golden



FEEL SAFE, BE DARING
**DARREN
ABRAHAMS**
WWW.DARRENABRAHAMS.COM





**WITH,
NOT FOR**



It's not
WHAT
you do, but
HOW
you do it that matters

Teaching

Denis Campbell *Health policy editor*

Fri 11 Mar 2022 06.00 GMT



Teachers 'buckling under strain' of pupils' mental health crisis

Experts say educators are under-equipped to help children with rising mental health needs



'The NHS forecasts that there will be 230,000 new cases of PTSD in England as a result of Covid-19.'

**Who Are You
and
What Brings
You Here?**

A young man with dark skin, wearing a blue baseball cap with 'NYC' on it and a purple t-shirt, is smiling broadly and holding the head of an older man. The older man, with white hair and glasses, is wearing a bright pink polo shirt and is also smiling. They are sitting on a couch with a blue and white patterned blanket. The young man is wearing white earbuds. The older man has a watch on his left wrist. A book is visible in the foreground, partially open, showing some text and numbers.

RELATIONSHIPS

**CREATING THE
CONDITIONS FOR
TRANSFORMATION**



BIOLOGICAL

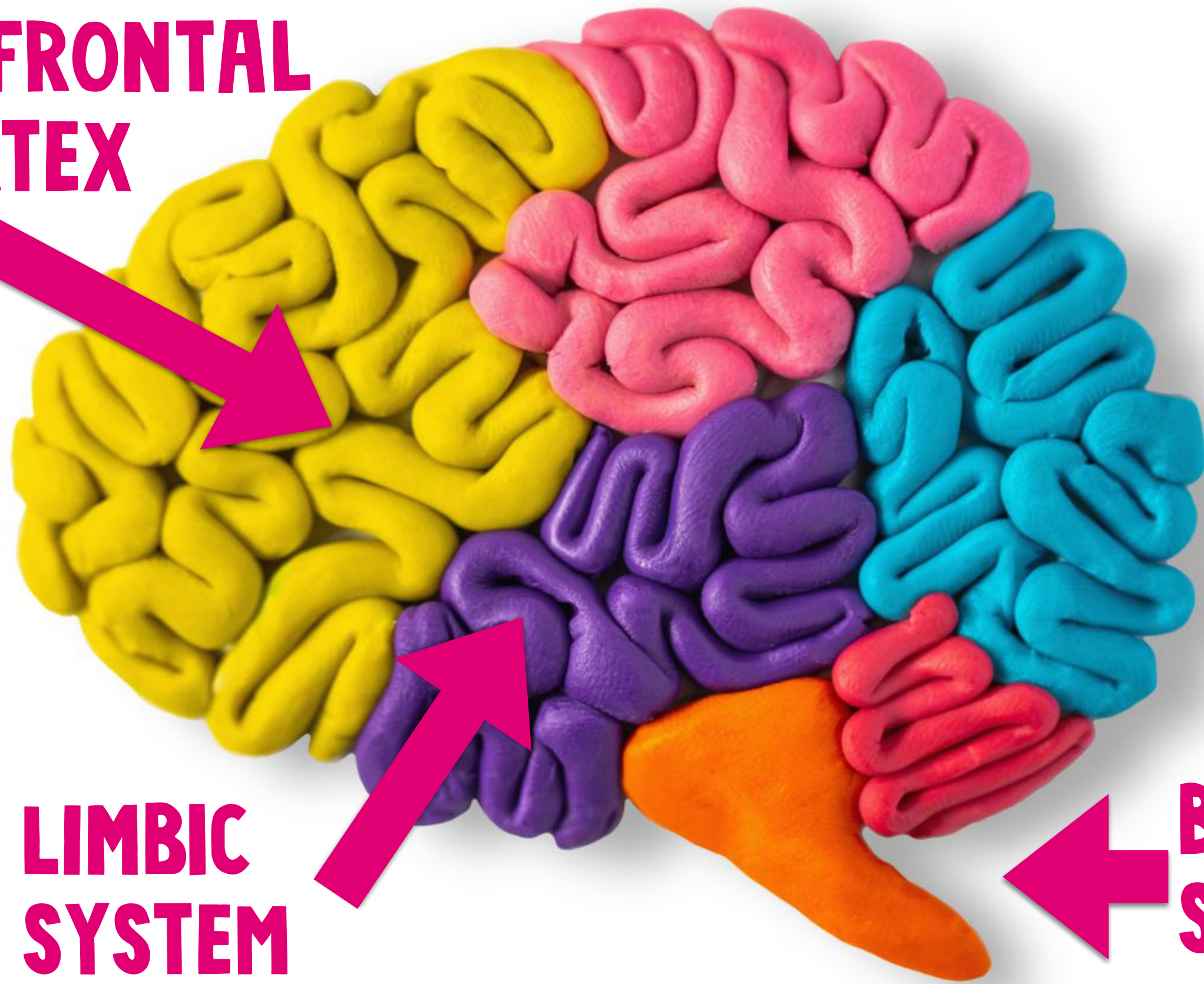


PSYCHOLOGICAL



SOCIAL

**PREFRONTAL
CORTEX**



**LIMBIC
SYSTEM**

**BRAIN
STEM**

MUSIC SAMPLE ONE

OM NAMAH SHIVAAYA - RUSSILL PAUL

MUSIC WITH SPACE

MUSIC SAMPLE TWO

BODIES - DROWNING POOL

MUSIC WITH DRIVE

MUSIC SAMPLE THREE

FLY ME TO THE MOON - FRANK SINATRA

UPBEAT “WELL KNOWN” MUSIC

A close-up photograph of green grass and foliage. A bright pink rectangular box is overlaid in the center, containing the text "WHERE YOU PLACE YOUR ATTENTION" in white, bold, uppercase letters.

**WHERE YOU PLACE
YOUR ATTENTION**

**CHANGES YOUR
EXPERIENCE OF
THE WORLD**



PURPOSE

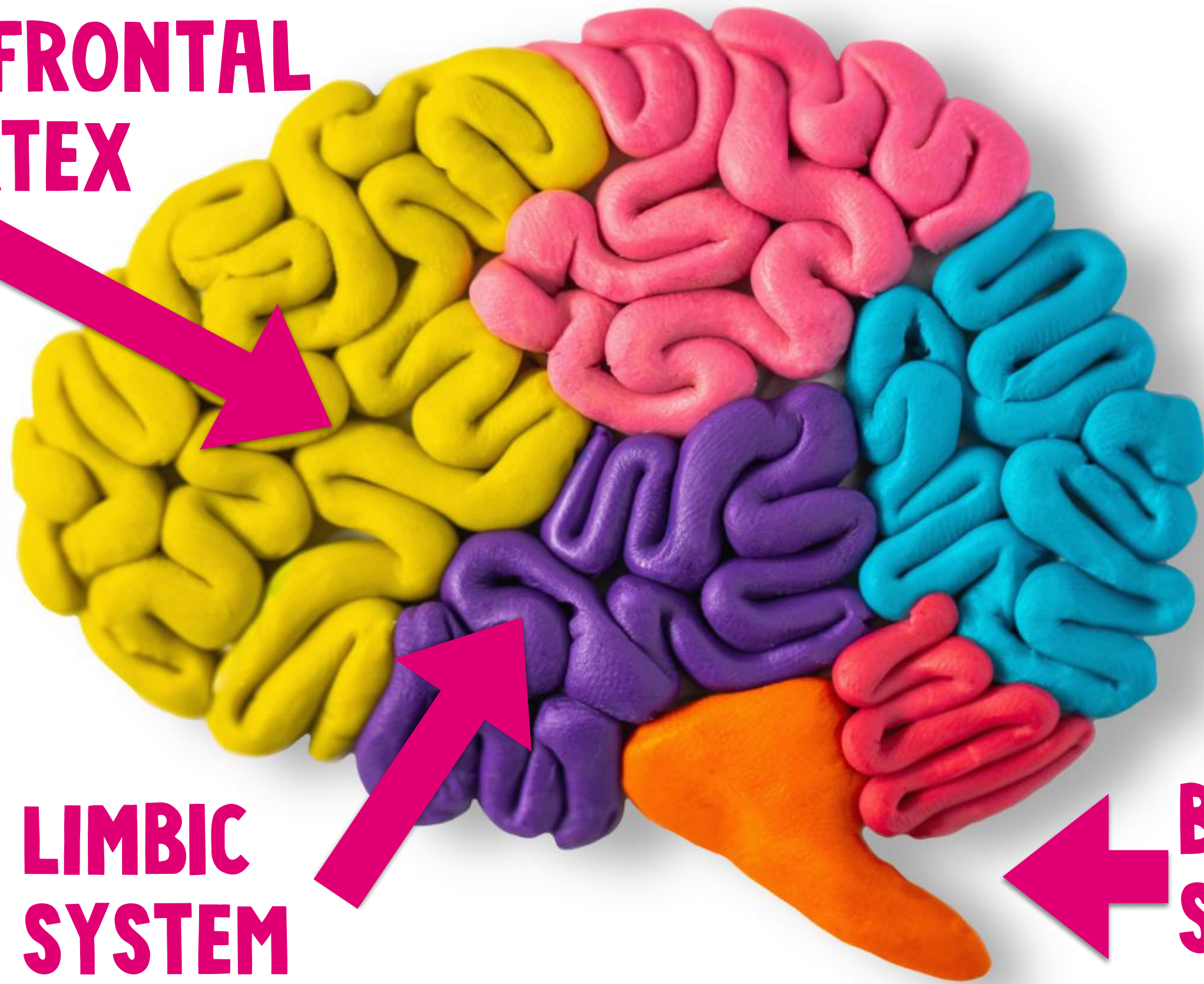
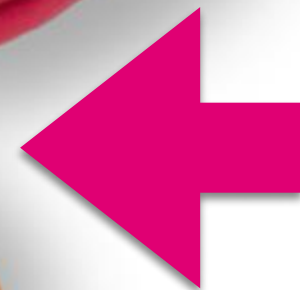
**PREFRONTAL
CORTEX**



**LIMBIC
SYSTEM
BELONGING**



**BRAIN
STEM
SAFETY**



BELONGING

**CONNECTION
AND INCLUSION**

PURPOSE

**MEANING AND
AGENCY**

IDENTITY

SAFETY

SELF AND CO-REGULATION

**CONDITIONS FOR
TRANSFORMATION**

“Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives.”

BESSEL VAN DER KOLK

“The Body Keeps the Score”

**safe space
begins with
YOU**

**CO-REGULATING
COMMUNITY**



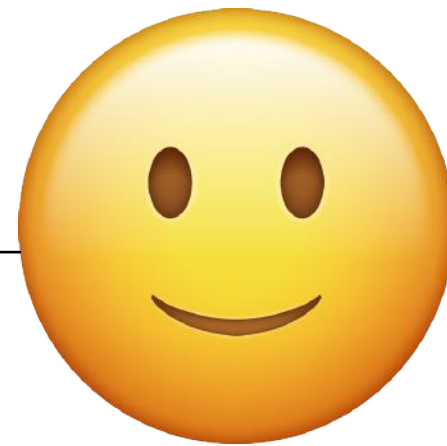
THE NEUROBIOLOGY OF THREAT





**NO
WAY**

OK



**BRING IT
ON**

**WHERE YOU PLACE YOUR
ATTENTION CHANGES YOUR
EXPERIENCE OF THE WORLD**



Attention

Who

You

Are

How You Behave

How You Feel

How You Feel



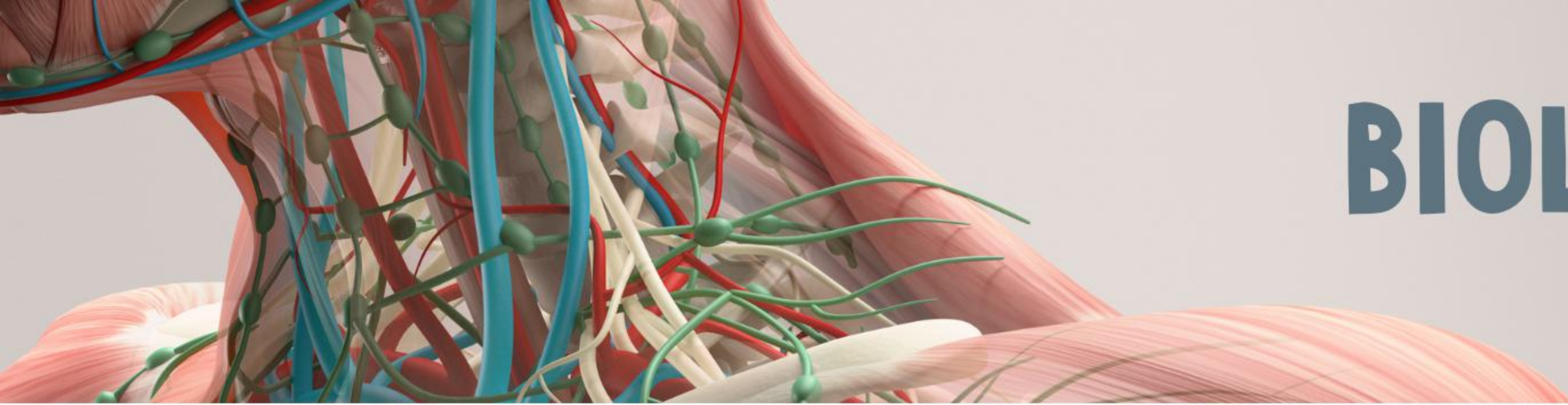
TRAUMA

=

the nervous system's
response to overwhelming
experience/s







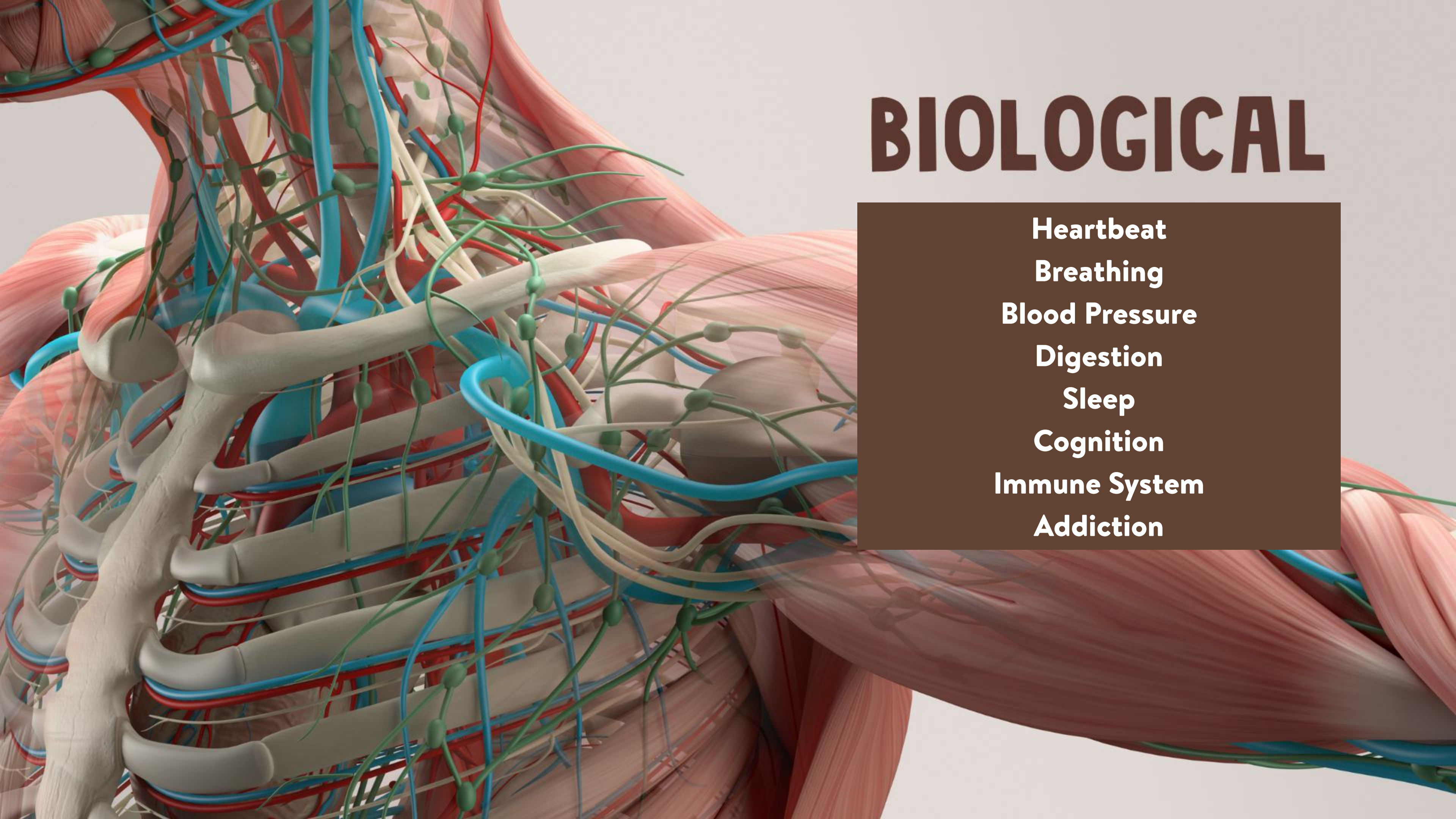
BIOLOGICAL



PSYCHOLOGICAL



SOCIAL



BIOLOGICAL

**Heartbeat
Breathing
Blood Pressure
Digestion
Sleep
Cognition
Immune System
Addiction**

PSYCHOLOGICAL

Anger
Irritation
Frustration
Anxiety
Panic
Avoidance
Confusion
Tension
Shame
Depression
Dissociation
Helplessness
Hopelessness



A man and a woman are standing back-to-back, looking away from each other. The woman on the left is looking upwards and to the left, while the man on the right is looking downwards and to the right. They are both wearing casual clothing. The background features large green plants and a window with a view of a city. A dark blue semi-circular frame is visible in the upper left corner.

SOCIAL

Hypersensitivity
Avoidance
Loneliness
Aggression
Conflict
Grudges
Bullying
Relationship Breakdown
Abuse

TRAUMA

=

the inability to feel safe

**TRAUMA?
OR RESILIENCE?**





ATTUNEMENT

=

the ability to respond appropriately
and empathetically to someone else's
emotional needs and moods



REGULATION

the ability to manage your thoughts and emotions and choose your behaviour

DYSREGULATION

the disruption of your ability to manage your thoughts and emotions and choose your behaviour



CO-REGULATION



**MUSIC IS
THE CONTAINER
AND THE VEHICLE
FOR TRANSFORMATION**

FLOW

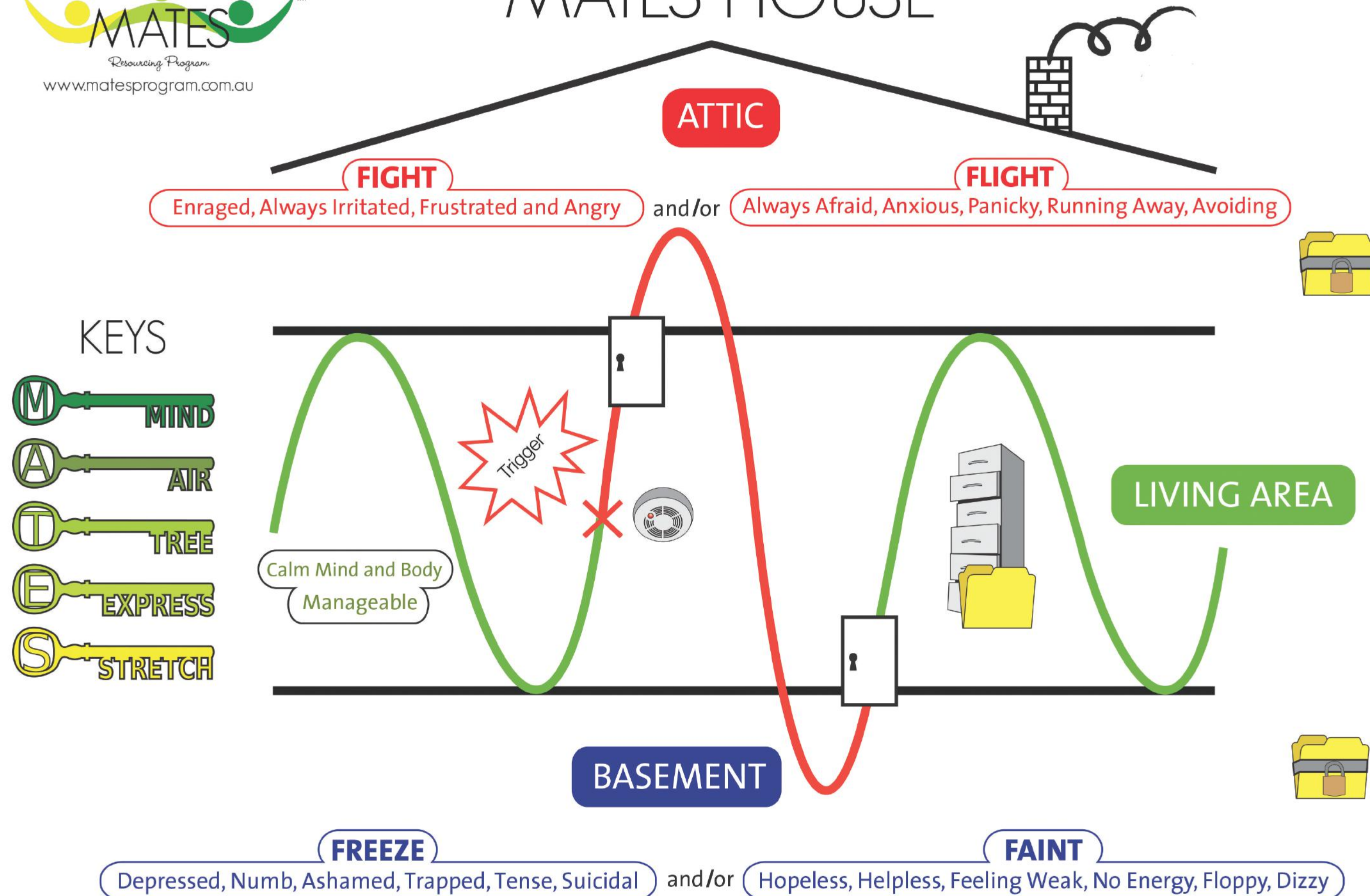


STUCK

Dr Roby Abeles
Salene Souza



MATES HOUSE





AGGRESSION



AVOIDANCE



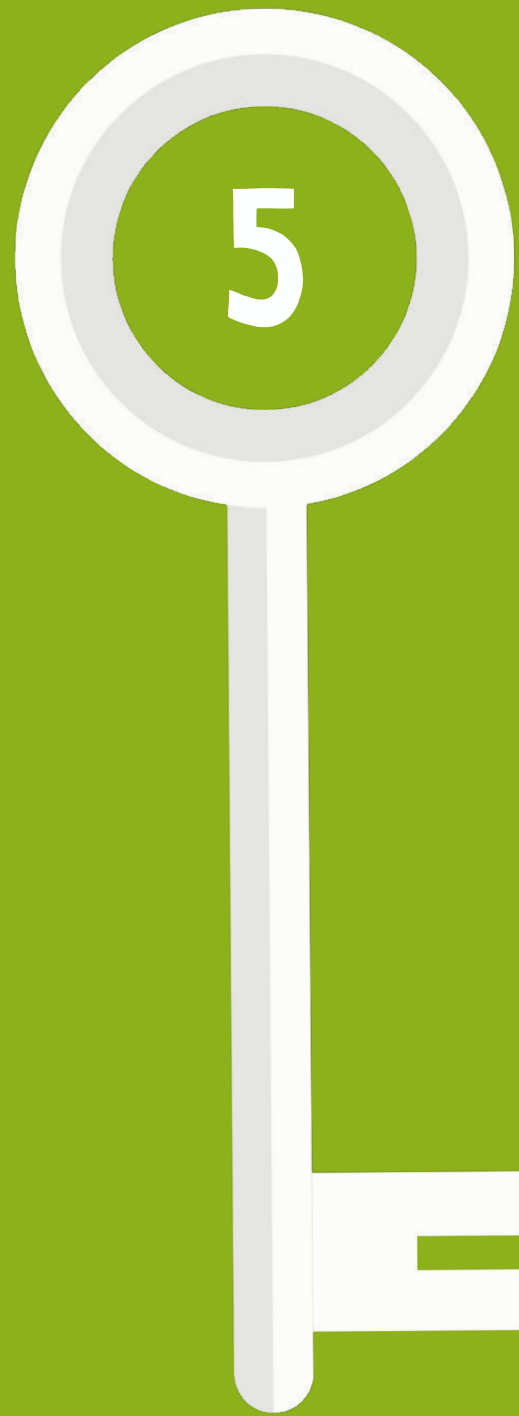
PARALYSIS



FAWN



COLLAPSE



MIND

THINK A HELPFUL THOUGHT

AIR

TAKE A BREATH

TREE

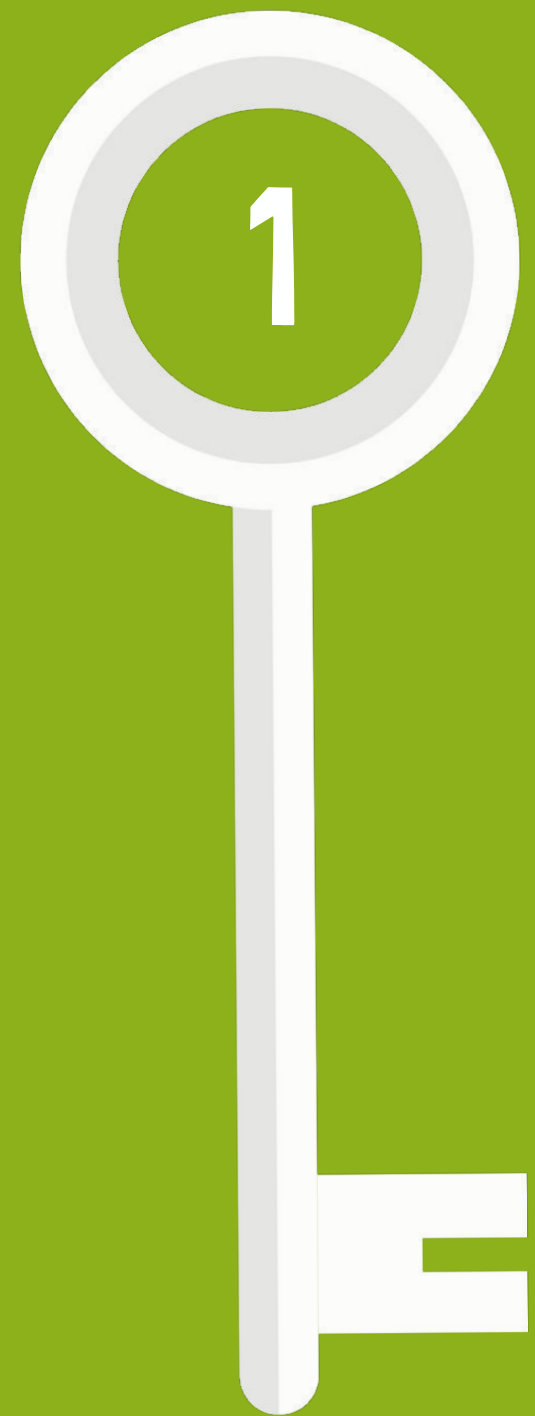
FIND YOUR FEET

EXPRESS

SHARE HOW YOU FEEL

STRETCH

MOVE YOUR BODY



MIND

**THINK A HELPFUL
THOUGHT**



MIND



AIR

TAKE A BREATH

AIR





TREE

FIND YOUR FEET



TREE



DARIO PICCINI

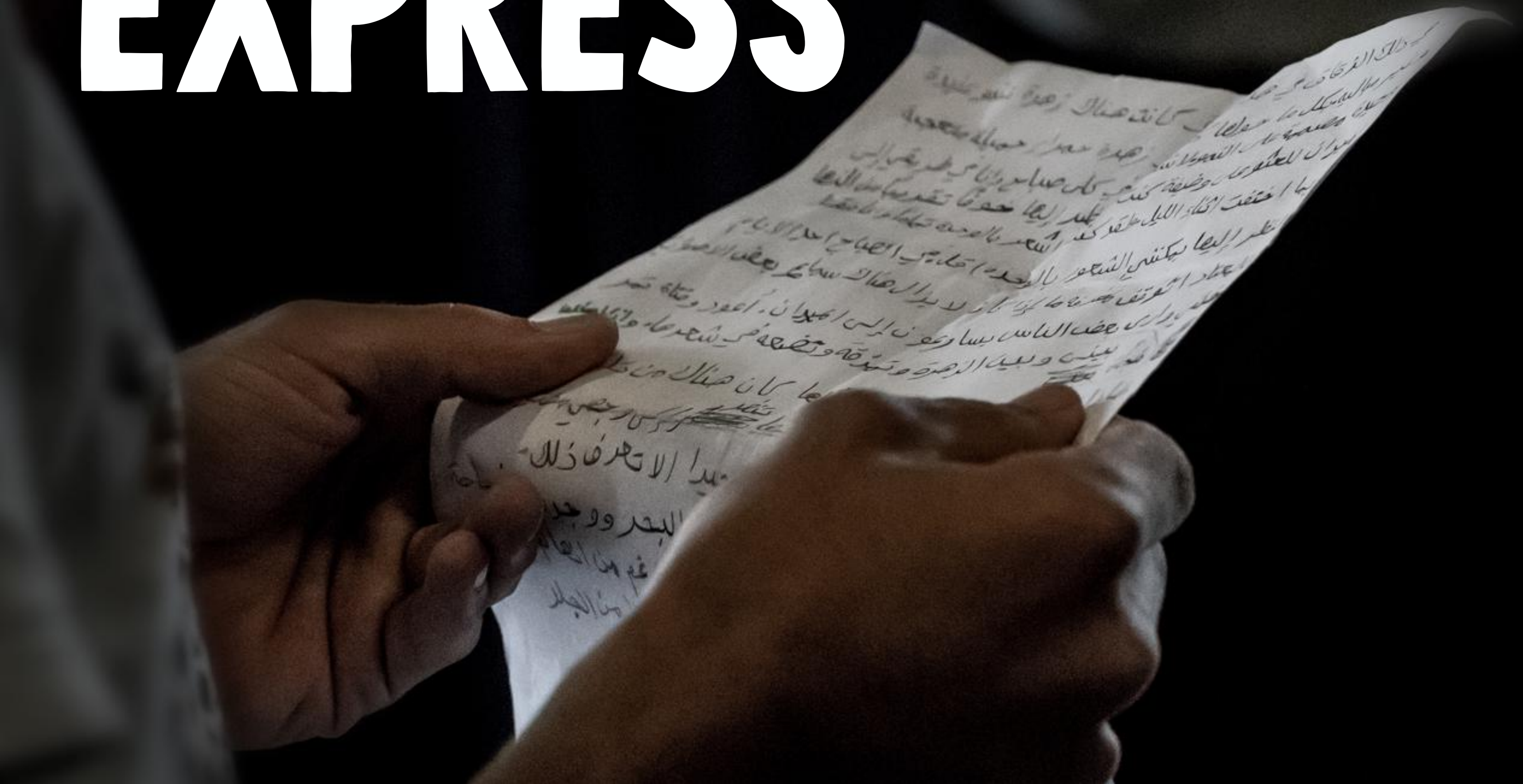


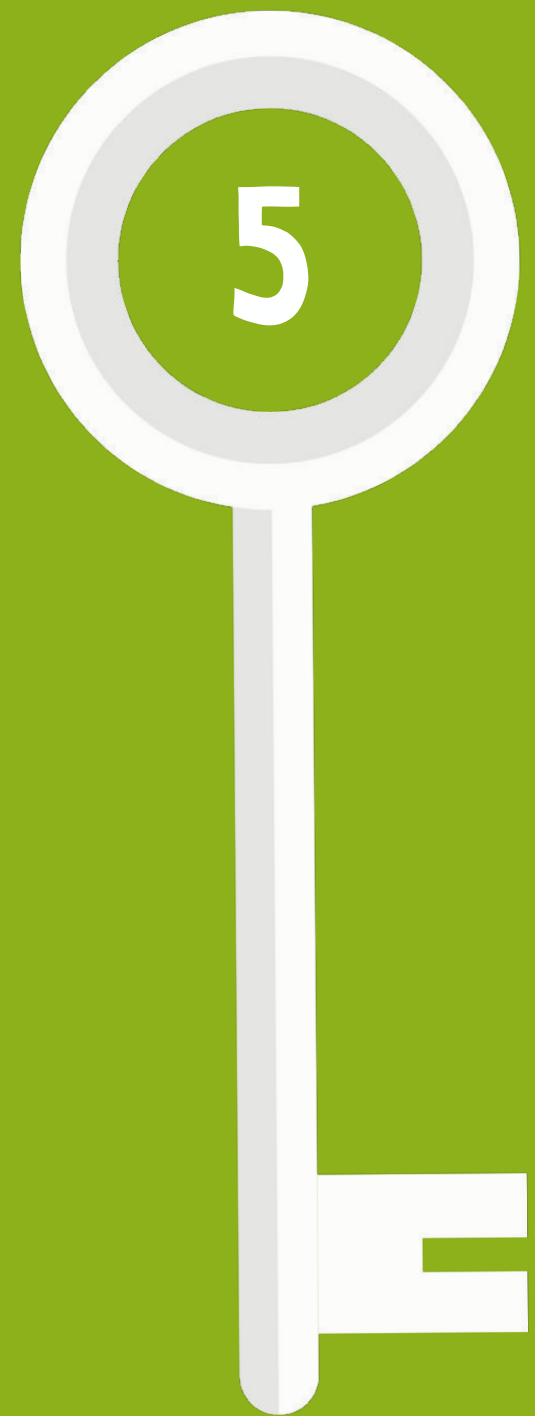
EXPRESS

SHARE HOW

YOU FEEL

EXPRESS





STRETCH
STRETCH AND
MOVE YOUR BODY

A woman is the central figure, wearing a beige poncho with frayed edges and a matching knit hood. She has her mouth open in a shout or cheer and her arms raised high. Two people are helping her: one on the left in a dark long-sleeved shirt and one on the right in a maroon long-sleeved shirt. The background shows a blue paneled door and a window with light coming through. The word "STRETCH" is overlaid in large white letters at the bottom.

STRETCH

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@ONEWORLDORCHESTRAUK



SPIRALLING HOME

A ROADMAP FOR CHANGEMAKERS

[SPIRALLINGHOME.SUBSTACK.COM](https://spirallinghome.substack.com)

