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## Introduction

- ▮ Substance Use Disorder (SUD) is a serious problem in South Africa
- ▮ Effective treatment is of the utmost importance
- ▮ Guided Imagery and Music (GIM) is
  - ▮ an innovative psychodynamic intervention using music and imagery to
    - ▮ elicit emotion and
    - ▮ bring the unconscious to the fore
- ▮ It is an intervention that
  - ▮ builds personal strengths and
  - ▮ allows for personal growth

## Objectives

This study aimed to

- ▮ Find evidence in the literature referring to positive outcomes in GIM on the well-being of clients
- ▮ This kind of evidence could
  - ▮ inform and
  - ▮ motivate future implementation of this kind of intervention in SUD recovery facilities

## Methodology

The protocol for systematic literature included the following five steps:

1. Defining the research questions according to the PICO model (Patient, Intervention, Comparison, Outcome)
2. Performing a thorough literature search with specified inclusion and exclusion criteria
3. Evaluating the found literature according to the PRISMA flow chart
4. Combining and summarising the results
5. Contextualizing and interpreting the findings

## Results

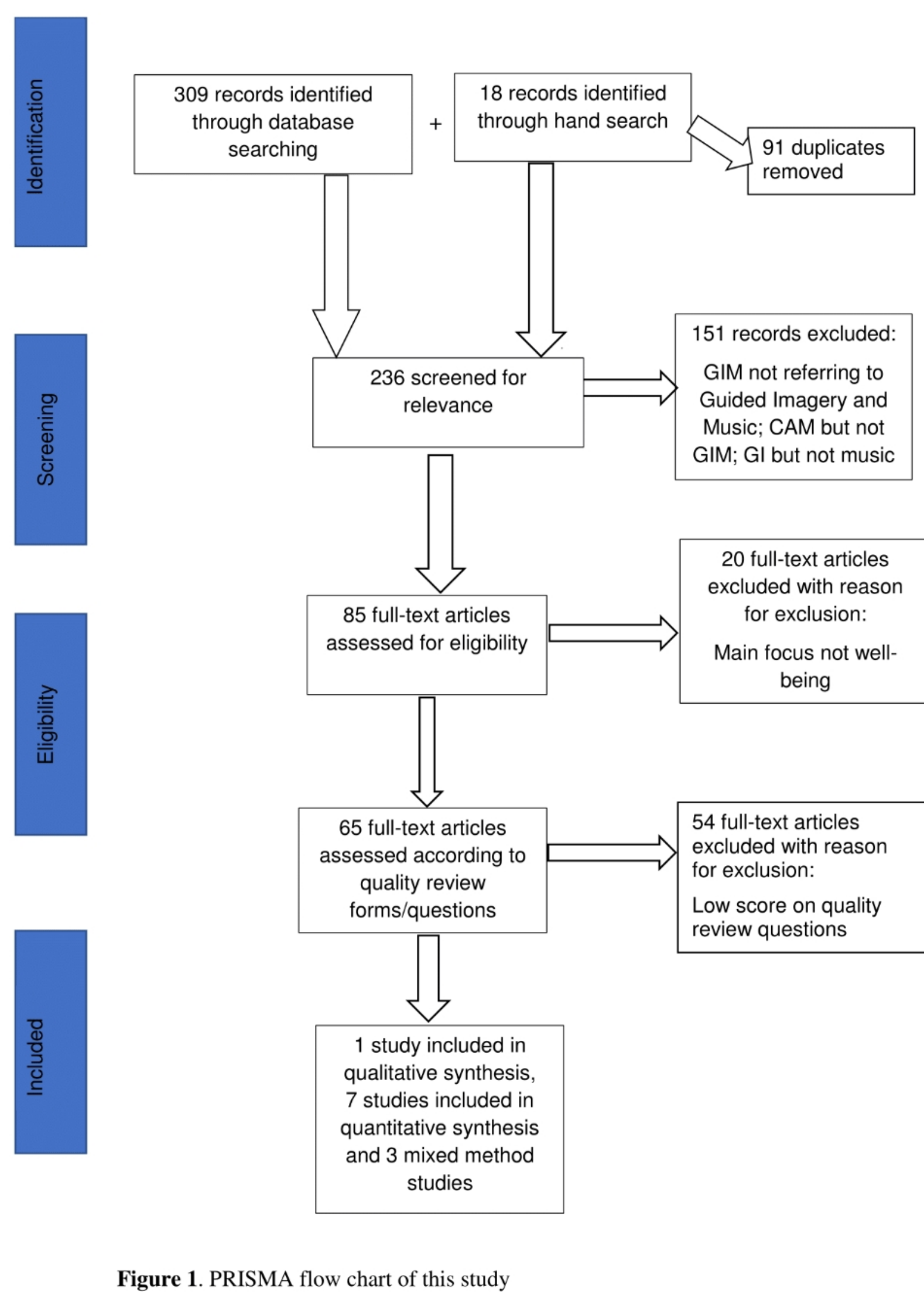
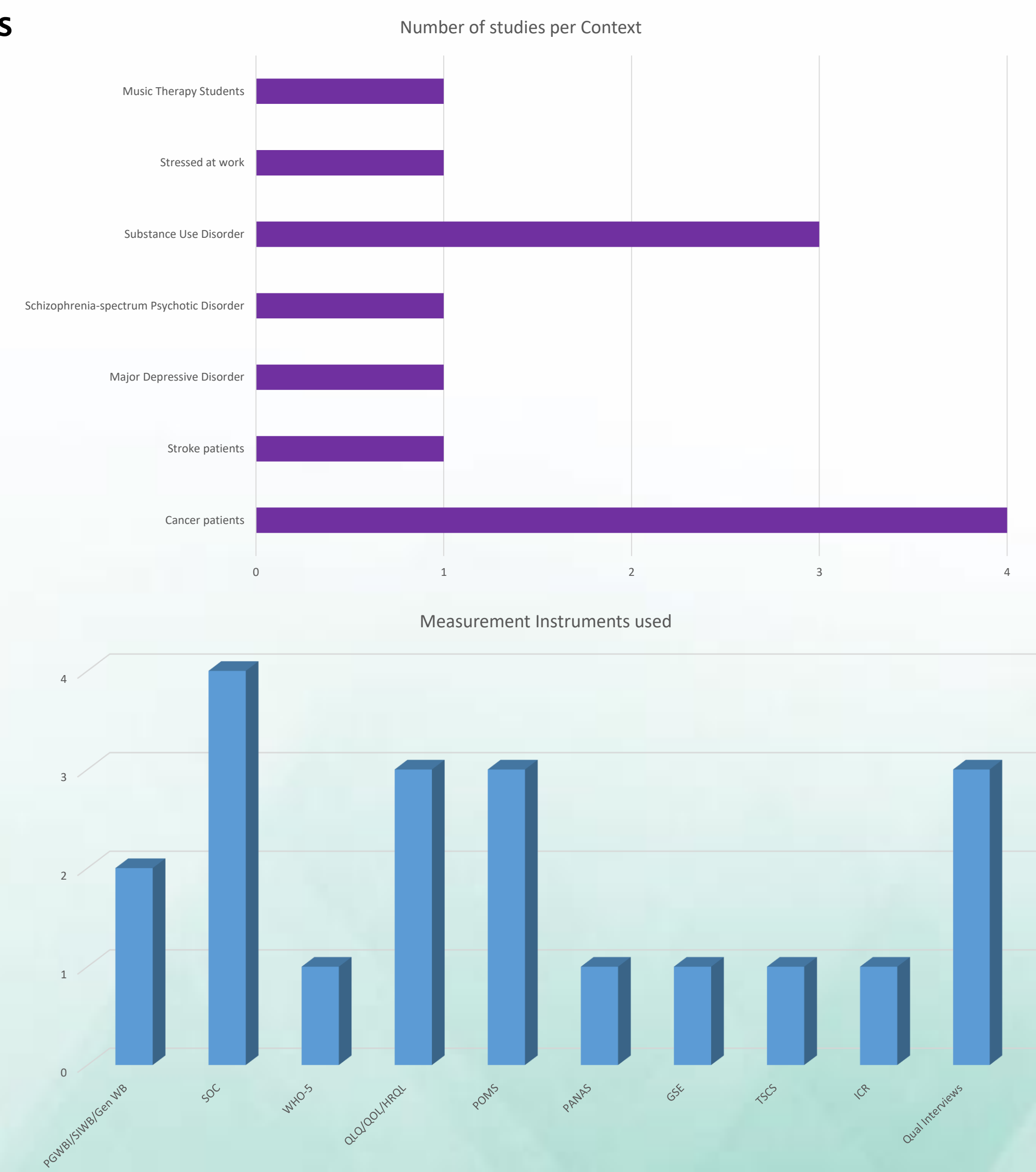


Figure 1. PRISMA flow chart of this study

### Constructs that were found to have influenced the clients

- ▮ Psychological, Spiritual and General Well-Being
- ▮ Resilience
- ▮ Quality of Life
- ▮ Mood States
- ▮ Sense of Coherence
- ▮ Positive Affect Negative Affect Schedule
- ▮ Self-efficacy
- ▮ Self-Concept
- ▮ Confidence



The PRISMA flow chart shows that 11 eligible studies were identified. The eleven studies included are: Allen (2010); Bae (2011); Bonde (2005); Beck, Hansen & Gold (2015); Bhana (2016); Burns (2001); Heiderscheidt (2005); Lotter (2017); Moe (2012); Murphy & Ziedonis (2016) and Poćwierz-Marciniak & Bidzan (2017)

## Discussion

- ▮ NO negative influences on clients who have undergone GIM were reported
- ▮ Possibilities are evident in relation to:
  - ▮ Potential feasibility of implementing GIM in SUD facilities
  - ▮ Potential Positive outcomes of GIM interventions including Psychological Capital construct, e.g. Resilience and Self-efficacy
  - ▮ Potential further research opportunities, particularly in South African context

## Conclusion

- ▮ Guided Imagery and Music has an influence on clients in various settings
- ▮ More research is needed before recommendations regarding the practice can be expected
- ▮ More replication of existing research in a rigorous manner should be encouraged in order to influence the development of theory and practice
  - ▮ particularly in South Africa
- ▮ Relationship between Guided Imagery and Music interventions and Positive Psychology constructs was **highlighted** through this review
- ▮ Further exploration and
  - ▮ Broader research is needed to
    - ▮ establish and
    - ▮ confirm the relationship

## References

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Deeply listening to music opens up new avenues of research I'd never even dreamed of.

I feel from now on music should be an essential part of every analysis.

Carl Jung