

**THE EFFECTS OF MUSIC FOR
MENTAL, EMOTIONAL, AND PHYSICAL
HEALING OF RESIDENTS ON THE
MISSISSIPPI AND LOUISIANA GULF COASTS
FOLLOWING HURRICANE KATRINA**

BY

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Abstract

“The Effects of Music for Mental, Emotional, and Physical Healing of Residents on the Mississippi and Louisiana Gulf Coasts Following Hurricane Katrina” is a research project that studied ways music was used to benefit coastal residents following the devastating events surrounding Hurricane Katrina. The researcher used publications, interviews, and surveys to collect data. The population surveyed included the Mississippi and Louisiana Gulf Coast residents, Mayors of Mississippi coastal towns, and both professional and amateur musicians. The research showed that music was a healing tool for coastal residents following Hurricane Katrina, and positive effects were noted mentally, emotionally, and physically.

Forward

By Dr. Brenda Wilder

This research project has been a labor of love. As I read the stories of Hurricane Katrina and the struggles of the victims, I was touched deeply. Each Mississippi and Louisiana coastal resident has his own Katrina story to tell, and this research has captured only a portion of those thousands of stories.

This Katrina research discovered how music played a vital role in healing for distraught coastal residents and continues to give them avenues of expression for their thoughts, emotions, and feelings. My desire is that each person who reads this research will be inspired to take action to bring healing mentally, emotionally, and physically to victims of trauma and catastrophe. May the victims of Katrina be ever stronger each day and blessed beyond measure for all they have endured. May humanity's response to every disaster be quick, sure, and sufficient to meet the needs of displaced victims.

A special thanks goes to each person who told their personal Katrina story involving music for this research, to Tougaloo College for offering me the opportunity to conduct research, and to my research assistant, Megan McLin.

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