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## Guided Imagery and Music with female military veterans: An intervention development study

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This study was completed in partial fulfillment of the degree of Doctor of Philosophy at the Doctoral Program in Music Therapy at Aalborg University.

### Highlights

- Music and imagery was used for management of PTSD symptoms
- Participants used music to regulate emotions
- Imagery was a learned resource for grounding
- Effects carried over between sessions
- Three out of four scored clinically significant reductions and one out of four scored a reliable reduction of PTSD symptoms.

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