

## **Development and research around the Peter Hess® sound massage**

*The European Association of Sound Massage Therapy e.V. has dedicated itself to the further development of the Peter Hess® sound massage and Peter Hess® sound methods according to the motto "from practice for practice". He comes closer to his goal by supporting research projects and studies as well as publishing them. Above all are to mention:*

### **Singing bowl relaxation in fibromyalgia as part of a multimodal pain therapy**

*A quasi-randomized study by M. Braun and A. Braun*

The aim of this study was to examine whether through intensifying the relaxation procedures with sound massage according to Peter Hess, the treatment results of a multimodal pain therapy in fibromyalgia patients can be improved in terms of sleep quality, relaxation, and pain. 100 patients with confirmed fibromyalgia were prospectively randomized into two groups.

The group with multimodal pain therapy including sound massage showed a significantly better response of the therapy in terms of pain reduction (VAS scale) – and with it a reduction of painkillers – to falling asleep and to the learned ability to relax. No differences could be detected in terms of recovery from sleeplessness and mobility.

**Dr. Matthias Braun:** HELIOS Seehospital Sahlenburg in Cuxhaven

### **Successful hypertension therapy with the Peter Hess® sound massage**

*A pilot study by Dr. med. med. Jens Gramann, 2013*

The Berlin cardiologist Dr. Jens Gramann conducted a pilot study in 2013 with 10 hypotension patients. In addition to their guideline-compliant conventional medical treatment, they received either 6 sessions with Peter Hess® sound massages or 6 sessions with progressive muscle relaxation (PMR). The experience gained during the course of the study and the first recorded data indicate an excellent blood pressure

lowering effect of the sound massage – which may far exceed that of the proven PMR. To prove the effect statistically significantly remains reserved for further studies.

**Dr. med. Jens Gramann:** active in own practice, [www.herzinstitut-herzpraxis.de](http://www.herzinstitut-herzpraxis.de)

## **Neural effect of the Peter Hess® sound massage**

*A study by Dr. Kerstin van den Dool, 2009*

In 2009, Dr. med. med. Kerstin Gommel conducted measurements of brain activity in combination with perception tests during an intensive training in Peter Hess® sound massage as well as the related final seminar (3 months later). The results of the subjects compared to the control group indicate the harmonizing, concentration-enhancing effect of the sound massage. The results also indicate that the attitude (inner images) and careful attention given by the sound giver significantly influences the effect.

**Dr. Kerstin van den Dool:** Doctor at the Charité Berlin and in private practice in Potsdam.

## **Cells and sound**

*A study by Prof. Dr. Maria Anna Pabst, University Hospital of Graz, 2009*

Prof. Dr. Maria Anna Pabst, University Professor of Cell Biology, Histology and Embryology at the University Hospital of Graz, conducted a study in 2009 on the effect of sounds (Peter Hess® therapy ainging bowl: heart bowl) on cells in cell cultures. This study shows that the vibrations of the singing bowls exert an influence on certain cell functions. Initial indications of the activating effect of the sounds were found. Because it showed that the total number of cells after sonication and the number of living cells compared to the control group were significantly higher. Further, it was observed that the amount of cell debris after sonication was approximately the same as in the control group, but the number of dead cells was slightly lowered.

## **Use of singing bowls and sound massage in the intensive care unit**

*A documentary by Harald Tietzer at the AKH Vienna, 2008*

The qualified healthcare nurse Harald Tietz documented the use of singing bowls and Peter Hess® sound massage in the intensive care unit 13i2 of the General Hospital (AKH) Vienna in 2008. Ten patients, who were awake and conscious, received sound massages from him and were subsequently interviewed. Ninety percent of the participants said they were "able to relax" during the sound massage. In the repeated questioning after one hour, most of the patients still felt relatively balanced, active and motivated. This survey shows that patients benefit from the sounds in an intensive care unit that is often perceived as stressful.

Selected case studies show that even the bed neighbors and the caregivers themselves perceive the offer of the sound massage as beneficial.

Experiences from other clinics show that the sound massages also have a positive effect on the sleep behavior and thus often also on the necessary sleeping pills and painkillers, which can often be reduced. In addition, it is often reported that the motivation of patients to actively participate in the healing process increases. As a complementary method, the sound massage can meaningfully and effectively support healing processes.

**Harald Titzer (DGKP):** Certified health and nursing person, since 2013 nursing consultant in oncology, hematology and palliative care of the AKH Vienna, University Hospital of Internal Medicine.

### **Peter Hess® sound massage as a method of stress processing and its effects on the body image**

*A pilot study of the European Association Sound Massage Therapy e.V. in cooperation with the institute Dr. med. Tanja Grotz, 2007*

In 2007, it was specifically investigated whether regular Peter Hess® sound massages have an effect on the stress processing and the body image of the subjects and if so which sound massages work best.

The results of this study were the first empirical evidence of the positive effect of the sound massage. The stress processing of the human can be positive, e.g. by relaxation, but it can also have a negative impact, for example, when thoughts reoccur and no longer come to rest. The results of the study showed that the stress measures that help to reduce stress increased, whereas the measures that increase the stress even further

decreased. This means that the subjects were better able to cope with stress through the regular sound massages. Also, the body picture was improved. The attitude and perception of one's own body was positively influenced, and the subjects rated their strength, fitness and health better and said they were more active. It is particularly noteworthy that, according to the results, there was no negative impact of the intervention. Rather, some even found evidence of long-term effects of the positive effects, indicating the sustainability of this method. The results are largely consistent with reports from the field.

**Dr. phil. Christina Koller:** Research Associate at the Peter Hess® Institute and Member of the Board of the European Association Sound Massage Therapy e.V.

*Numerous individual cases confirm the positive effects of the sound massage, which has been used for more than 30 years in numerous occupational fields of education, therapy and health care.*