

## HSD Provider Conference

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Notes from Session: Cybernetics, music and recovery

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### **-Main Points from Session Overview/Presentation:**

- QR code is currently empty- on purpose- after this presentation please add songs that help you feel better or recover
- What is cybernetics? -transdisciplinary study of systems, feedback, and self-regulation- applications include living, social, and technological systems
- Cybernetic feedback loops- every system starts with input/stimulus- the system interprets and makes an output- then receives feedback- the feedback then adjusts the system function
- Cybernetics is really just about feedback cycles
  1. An event triggers a system response
  2. The system produces output
  3. The output is measured or sensed as feedback, which informs adjustment
  4. The loop is
- Second order cybernetics- the study of systems that know they are part of a system- the observer or self becomes part of the feedback loop- this is how we learn, adapt, and heal- is also how music works
- When we share music or coregulate thru music- it creates feedback and healing
- Some are regulating and some are dysregulating-
- When we think cybernetically about recovery- coregulation within community-
- These same cybernetic principles show up in real world- music can function as a regulatory tool-
- What is music- every culture on earth produces music- an audio art

form whereby creators use harmony, melody, and rhythm to convey info

- Music can be used to communicate feelings, emotions, ideas and experiences that might otherwise not be communicated
- Music impacts brain, and whole body
- WW2- music became mainstream means of supporting soldiers and became clinical
- Enjoyable music can trigger opioid and reward system eliciting pleasure
- The entire brain lights up when we listen to music- areas responsible for movement can become synchronized- sound gets connected to memories and meaning
- Music becomes a neural bridge- innervates past and present- invites coherence which people can seek intentionally
- Music engages brain for connection- can help us process experience emotion and trauma
- Music can interrupt negative thoughts and beliefs and replace feedback loops – can shift the way our neurons fire, disrupting unpleasant emotions
- Thru communication systems like the internet- we have access to massive algorithms- our minds influence what we play- like a global nervous system- exchanging cultural information in real time- and not all have equal access to the system-
- Music can shape identity and regulation
- Any model that integrates music, technology, and peer support has to stay flexible trauma informed and rooted in consent. Not everyone will want or be able to engage with these systems in the same way- feedback needs to flow both ways
- When you respond to music by liking sharing and skipping, we are sending feedback into the system- which then curates future content
- Music and crisis work must always be consensual
- Consent honors autonomy
- Music can become a shared metronome for safety
- If music is a feedback loop and recovery is a feedback loop maybe what we are doing in life is learning to listen better