



**Hong Kong Satir Center for Human Development**  
**The Musical Iceberg of Loss, Pain and Grief – Notes of Fleeting Thoughts**  
**(MUSG-22)**

**About the Program**

This workshop is intended for the Satir community of therapists and caretakers. It is a transformative learning experience for helping yourself and others along the journey of loss and bereavement using music.

Death, sickness, loss, and pain are universal experiences. Whether we lose someone or something we have and value in our lives. Throughout history, music, song, voice and dance were used in rituals to accompany and assist the dying, mourning of loss, and in memorial services.

It is based on the Satir model, music therapy interventions, contemporary understanding of the grief process, and finally “Notes on Fleeting Thoughts” – my personal journey of grief and music.

Music resonates with our bodily reactions and taps into our unconscious. It offers opportunities to experience, share and express the internal turbulence, pain and grief through songs, poems, writing, voice, and sound to promote healing and wellbeing. Using musical interventions in grief-therapy is based on a holistic, body-mind-spiritual approach. It is a natural connection to universal wisdom, life energy, and universality of pain and loss.

Musical interventions offer non-threatening techniques to facilitate sharing emotions, memories, addressing perceptions and expectations of life and death, within a safe and protective distance. Sharing bereavement music and songs between a client and a therapist or a group fulfills our yearnings for support, comfort, being heard, seen and touched. It creates an atmosphere of togetherness, belonging and hope.

Music can provide growing awareness, insight, and acceptance in every stage of mourning and loss, whether recent or from the past. It voices the hidden and promotes growth, change, enhancing healing and resolution.