

Bonfante 1

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Reading Response 2

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1. When reading the article “Collaborative Songwriting Intervention for Veterans with Post-Traumatic Stress Disorder” by Ronald Hirschberg, which supports the research question, how does collaborative writing in mental health therapy help promote and improve relationships between patients and clinicians? I discovered that the main question they were hoping to answer was to determine “...the feasibility and acceptability of a collaborative songwriting intervention (CSI) while exploring its potential effectiveness in improving physical and mental health outcomes for veterans with PTSD.” (Hirschberg Objectives). They conducted an experiment with veterans and active service members from the ages of 18 to 65 years old. When the experiment finally came to an end, they determined that “...the intervention was helpful and relevant to them...” (Hirschberg Results) with over 90% of the participants referring other members with Post-Traumatic Stress Disorder to partake in this treatment. They discovered that Post-Traumatic Stress Disorder can be improved by this songwriting intervention.
2. Before officially starting this treatment, they proposed the idea that certain forms of music can improve symptoms of Post-Traumatic Stress Disorder. The basis behind this theory was the fact that “...therapeutic music interventions at large have shown

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promising results...” (Hirschberg Page 2). To support their thesis, they conducted an experiment and had the veterans meet with professional songwriters. This required the veterans to go through three phases. The first phase involved the veteran and the songwriter getting to know each other for 10 minutes. The second stage was “participant guided conversations” which took 20 minutes. The third stage was the collaboration between the veteran and songwriter to make lyrics; this stage lasted a total of 45 minutes. Once the song was made, they put it onto a flash drive and had the veterans listen to their song daily for 5 weeks. By doing this, they were able to confirm a development in Post-Traumatic Stress Disorders that could help other/future patients. This article does follow at least one CARS method specifically Step 3 “Reviewing Previous Items of Research” on Page 2 when Hirschberg refers to another experiment that conducted a similar treatment and produced positive results. This means that the evidence found and quoted in this paper are all considered credible.

3. One thing I found really interesting is that music has been confirmed to help in other forms of mental health issues resulting from the traumatic events which caused post-traumatic stress. They referred to another study that used the Guided Imagery and Music approach. This study found that “This music-centered therapy approach has been found to assist with managing PTSD symptoms of hyperarousal as well as help women with PTSD to reduce dissociative symptom and improve stress and interpersonal relationships.” I found this to be a super interesting fact because I have grown up listening to music in almost every situation. I use music to help me sleep, to study, when I’m driving, when I’m in the shower, there is no moment in my life where music is not
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involved. So, finding out that music has genuine benefits for mental health and isn't just for entertainment but also medical was surprising to me.