

TRUST THE PROCESS
THE TYPE OF INJURY NO ONE TALKS
ENOUGH ABOUT WITH DR TRACY QIAN
SHOW NOTE LINKS

Link to the Survey:

Musical Trauma and Recovery

<https://docs.google.com/forms/d/e/1FAIpQLSfIGLuKTIJHFiYariOy7Bmc75N98-GwjUJHZHlviVc2I7IOA/viewform>

Facebook Group:

<https://www.facebook.com/share/g/1EPbe17xen/?mibextid=wwXlfr>

More Information about the Musical Trauma and Recovery:

<https://www.tracyqian.com/musical-trauma-and-recovery>

More Information about Musicians' Hearing Health

<https://www.tracyqian.com/hearing-health>

Resources for Musical Trauma and Psychology Struggles

www.musiciansway.com

<https://www.musicianshealthcorner.com/resources.html>

<https://musiciansunion.org.uk/>

<https://musicpsychology.co.uk/>

Resources for Hearing Health:

<https://medicine.uiowa.edu/iowaprotocols/music-and-hearing-loss-hearing-devices-and-music-testing-music-perception-improving-music-enjoyment>

<https://www.cdc.gov/niosh/noise/about/noise.html>

<https://musiciansunion.org.uk/health-safety-wellbeing/health-and-safety/key-health-and-safety-issues/hearing-health>

www.dangerousdecibels.org

www.hearnet.com

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