

Resounding Joy Indiana: Healing Hoosiers Through Music

Music is a universal force in our lives, and it can be leveraged to help us heal and cope with change in meaningful ways. **Resounding Joy**, a non-profit music therapy program based in San Diego, started its first satellite branch in Indiana thanks to the efforts of music therapist and Hoosier native Lindsay Zehren. Homegrown Hoosier recently sat down with Zehren to discuss the benefits of music therapy and the company's exciting move to Noblesville in 2023.

Zehren studied music in South Africa and Jamaica and was pursuing a master's degree in music education at Indiana University when she experienced a powerful moment that changed the course of her career. "While studying at IU one of my former students tragically passed away in a gang-related incident. He was so young, and it rattled me to my core. At his funeral, I observed my former students as they expressed their anger and heartbreak through music that related to their outrage. It was in that exact moment that I decided to leave the master's program and to pursue a degree in music therapy. What I witnessed that day was music's inherent ability to validate, comfort, express, and process some of the most difficult emotions experienced by humanity, and I wanted to use music in that way. I completed my degree in music therapy from IUPUI, moved to San Diego to do my internship with Resounding Joy, and ended up never leaving the company."

When the COVID-19 pandemic began in 2020, Zehren wanted to move back to her home state of Indiana without sacrificing the music therapy work she loved doing at Resounding Joy. As a result, Resounding Joy Indiana was born. Its first official event was a drum circle on September 11, 2021 at Sophia Square in downtown Carmel. To date, Resounding Joy Indiana has served 2,000 Hoosiers with music therapy, with plans to expand this network to 5,000 in 2023.

Zehren shared some of her insight on the ability of music therapy to provide healing. "Music is an incredibly powerful tool. Music therapists are trained to use the elements of music – rhythm, melody, harmony, timbre, dynamics, form, texture, and tonality – to address challenges in daily life. For instance, everything that we do as humans, from the way we speak to the way we move, is organized into patterns. Our brains respond best to patterns, and music is a series of patterns. Songwriting and lyric analysis can help to process difficult situations and make sense of our emotions. Improvisational music making, such as music made in drum circles, allows people to express themselves in a nonthreatening way and encourages them to work together. Singing also

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brings more oxygen to the body. Music therapists go through extensive training to understand how music works with the body and the brain.”

A parent of one of Resounding Joy’s current patients praised the impact that music therapy has had on her son’s life. “Music therapy provides a bright spot in [my son’s] week. It has supported developmental milestones, play, and other individual needs. As a parent of a child with special needs, so many days are hard. But we are beyond thankful for the moments of joy that he can experience through music therapy.”

In 2023, Resounding Joy Indiana will be moving into a new office space in downtown Noblesville, a renovated home dating back to the nineteenth century. “It is difficult to put into words how grateful we are and how excited we are to be moving into our new home in Noblesville in 2023! We love the community vibe in Noblesville, and we love how the community is focused on the arts and quality of life for its citizens. We can’t wait to be a big part of it!”

Outside of work, Zehren enjoys spending time with her family, her husband Zach and their two daughters Zoey (5) and Frances (2). She’s also the director of the Kinderecke (children’s corner) at the Christkindlmarkt in Carmel, where she loves bringing holiday magic and cheer to local families.

Resounding Joy will be holding its inaugural end of the year fundraiser, Radiate Joy, on Monday, December 19th at Peace Water Winery. The event will include flights of wine tastings as well as musical performances from artists Cath, Deau Eyes, and Randee Lantz.

At Homegrown Hoosier, we are excited to watch the growth of Resounding Joy Indiana as it continues to provide support and healing to our community through the amazing power of music.