

Music Therapy

Music is a one of the way of self-expression and communication in one of the most admirable levels of one's life. Music with human beings has been existed for a long time in a very different shape and way. The most important aspect of music is that it can be used as an emotional exit for people who have trouble in expressing themselves in words. Music aids build connections and support in learning and in communicating. Therefore, music has been used for medical treatment stated as Music Therapy. Canadian Association for music therapy (CAMT) defines Music Therapy as "Music therapy is the skillful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health. Music has nonverbal, creative, structural, and emotional qualities. These are used in the therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development." The use of Music Therapy as a healing procedure is an ancient practice (Buzzle.com, 2004). The reference can be found in Biblical Scriptures (Ibid.). Native Americans accepted as true in the efficiency of music in therapeutic both the body and the soul, and made it a vital part of their curing ceremonies (Ibid.). Music Therapy happened to be such a central part of medical treatment during the Second World War, in modern times, when doctors and nurses in United States (Ibid.). They have noticed that the use of music was very effective in a way of helping to heal the soldiers (Ibid.). Although the use of music was known as a helpful method in curing patients, it needed more official approach and guidance and it came into being as Music Therapy (Ibid.).

Diverse approaches of Music Therapy

Five international models of Music Therapy were spotlighted at the 9th World Congress of Music Therapy in Washington in November 1999: Behavioral Music Therapy,

Analytical Music Therapy, Benenzon Music Therapy, Guided Imagery and Music (G.I.M.) and Creative Music Therapy (Voices, 2001). Among these five international models, Behavioral Music Therapy, Analytical Music Therapy and Guided Imagery and Music (G.I.M.) are mostly used by various Clinique's and psychiatrists.

Clifford (2009) describes Behavioral Music Therapy as “the scientific application of music to accomplish therapeutic aims whether they are behavioral, development and/or medical.” Basically, this approach plans to influence changes in behavior by using music and the therapist's self. Since Behavioral Music Therapy is based on human behavior which is extremely complex and complicated to determine, so that it requires a lot of information and researches. Also, this approach gets many criticisms by behaviorists (Ibid.).

Analytical Music Therapy (AMT) is described as the approach developed by Mary Priestley in the early 1970's in England (The Rebecca Center, 2009). By using music, the therapy is aimed to see the sights the patient's internal life and to give the way for better self-awareness and development (Ibid.). The objectives of Analytical Music Therapy are to recognize the struggle or trouble underlies which brings to therapy and to rebuild new patterns of interaction of the client (Ibid.).

Guided Imagery and Music approach is identifies as “a therapy process, created and developed by music therapist Helen Bonny, in which the client images freely to recorded, classical music while dialoguing with trained guide” (Ibid.). The goals of Guided Imagery and Music approach is to supports and encourages the patient's growth throughout cautious collections of music, skilled intervention, and a considerate presence (Ibid.). The patient can get better their temper, deepen personal insight, and cure the emotional hurts, boost confidence, and even spiritual improvement (ibid).

Creative Music Therapy also recognized as Nordoff-Robbins Music Therapy, created

by Paul Nordoff and Clive Robbins in 1960s (Nordoff-Robbins Music Therapy Australia, 2009). This therapy aims to enhance communication, support change, and enable people to live more resourcefully and creatively by using improvised live music (Ibid.). According to Nordoff-Robbins Music Therapy Australia (2009), people who can benefit from performing Creative Music Therapy are children, teenagers and adults who have learning, academic or physical disabilities, emotional problems or other specific health-related matters.

The Benefits by Music Therapy

People get benefits mentally and physically from Music Therapy such as practice problem solving, emotional problems to open up the feelings, make optimistic changes in mood and resolve conflict. Music Therapy makes these benefits available because music affects our physics such as brain, body and mind.

All human behavior comes from human brain which is the most complex structure in universe. Human brain includes about 100 billion neurons, and linked with up to 10,000 synaptic connections each. Music has an effect on the amplitude and frequency of brain waves, which can be measured by an electro-encephalogram (Brain & Mind, 1999).

The research has found that music therapy affects the brainwave by resonating in sync with the different types of beat (About.Com, 2007). Faster beats of music brings sharper concentration and more alert thinking (Ibid.). On the other hand, slower tempo of music brings calm and meditative state to brainwave (Ibid.). Also, these brainwave activity levels can enable the brain to shift speeds simply on its own as wanted (Ibid.).

Amazingly, the research proves that music affect human memory. For example, Mozart's music and baroque music with a 60 beats per minute beat pattern, make active the left and right brain; the instantaneous activity of left and right brain maximizes the learning and memorizing of information (Brain & Mind, 1999). Also, singing and playing instruments

activates left and right brain at the same time, so that it helps to be more able of processing information (Ibid.).

The brainwave affects other bodily functions such as breathing and heart rate can be altered by music therapy (About.Com, 2007). Music can slow breathing and heart rate which means music can help counteract or prevent the damaging effects of chronic stress (Ibid.). Also, music helps people to bring more positive state of mind and to maintain optimism levels upper (Ibid).

The Self-Music Therapy

Music always exists around us, and simple music therapy can be done by individuals at home or at work. Obviously, people have different troubles and needs. First thing they need to do is recognizing the problems and needs which make their life harder. For example, when they have a problem with sleeping, there is music which can help with. Also, if they have problem on concentrating or memorizing information, there is a variety of music that can help with these problems. It does not mean that it will resolve their problems perfectly. However, the music will give them a basic line to solve their problems. [Please refer the attached files in CD].

Personal Response

As I had chose music class, I love all kind of music in terms of listening, singing and playing instruments. Sometimes I feel like I can't live without music. It is not like my profession or my job, but it helps me to see inner life. When I feel depressed, sometimes I listen to sad songs. It sounds weird, but it helps me to think about the thing once again which made me sad and to recover quickly. When I feel happy, I listen to bright songs or any kinds of song that I feel like to listen. Whatever I do, I mostly do with music. When I study, walk and even sleep, I listen to music. It became one part of my life, and it really affects my mood.

I do music therapy by myself. I always listen to especially calm music before I get to study or sleep. It definitely helps me to be still and concentrate on my studying. When I reflect what I have done today or this week, I listen to new ages or calm classic, and it helps me to reflect my memories in a peaceful state. I feel like I live the healthier and proactive life by listening music. Music Therapy shows that how close music exist within people and it seriously affects on people.

I have attached files that I listen to before I get to sleep, and I also attached files of I-dozer that you've asked before. Please after you listen one dose, then you have to listen reset before you get to listen other dose.

Through my researching on my presentation project, I could realize how deep music can affect on human behavior. Obviously the suicide song was not the problem of the music, it was more like the people's thought and the lyric drove them into committing suicide. It was kind of scary to research about it and keeps listening to that song. I was amazed that how fragile a human could be, and just giving up the life that easily. They are saying that it is because of the music, but I guess isn't it more like due to their unhealthy and unstable mind? Definitely, music in my life is one of the big parts to support and help me to live a better life. It was a great time to study music with you. The music that you've played in class was absolutely fantastic (I.e. jazz and classic). I wish I could play a piano like you. When I hear a song or beautiful piece, I feel like I want to play by myself. However, it was not that easy. I forgot all the codes, and it takes time to re-play fluently. I wish I could play duo with you when I come back in 6th semester! Maybe impossible. Thank you!

Reference

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