

Editorial Note on Alternative & Integrative Medicine - Music Therapy

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Abstract

Music treatment is a united wellbeing calling and one of the expressive treatments, comprising of a procedure in which a music specialist utilizes music and every last bit of its aspects physical, passionate, mental, social, stylish, and profound to help customers enhance their physical and emotional well-being. Music therapy facilitates the creative process of moving toward wholeness in the physical, emotional, mental, and spiritual self in areas such as: independence, freedom to change, adaptability, balance and integration. The implementation of music therapy involves interactions of the therapist, client and music.

Music therapy is the use of music to address the physical, emotional, cognitive, and social needs of a group or individual. It employs a variety of activities, such as listening to melodies, playing an instrument, drumming, writing songs, and guided imagery. Music therapy is appropriate for people of all ages, whether they are virtuosos or tone deaf, struggling with illnesses or totally healthy. Music therapy touches all aspects of the mind, body, brain and behavior. Music can provide a distraction for the mind, it can slow the rhythms of the body, and it can alter our mood, which in turn can influence behavior.

Keywords: Music Therapy • Alternative

Introduction

Trained and certified music therapists work in a variety of healthcare and educational settings. They often work with people suffering from emotional health issues such as grief, anxiety, and depression. They also help people address rehabilitative needs after a stroke, a traumatic head injury, or with chronic conditions like Parkinson's or Alzheimer's disease. Music therapy sessions are designed with a number of factors in mind, including the clients' physical health, communication abilities, cognitive skills, emotional well-being, and interests. After weighing these factors along with the treatment goals, the therapist decides to employ either the creative or receptive process. (Note that you do not need to have musical abilities to benefit from either process. The music therapist will ensure that the activities address the needs and abilities of the client!)

In the creative process, the music therapist works with the client to actively create or produce the music. This may include composing a song, engaging in music or song improvisation, or drumming. In the receptive process, the therapist offers music listening experiences, such as using music to facilitate a client or group's relaxation. Clients or groups may then discuss thoughts, feelings, or ideas elicited by that music.

Types of Music Therapy

Two fundamental types of music therapy are receptive music therapy and active music therapy (also known as expressive music therapy). Active music therapy engages clients or patients in the act of making music, whereas receptive music therapy guides patients or clients in listening or responding to live or recorded music. Either or both can lead to verbal discussions, depending on client needs and the therapist's orientation.

Receptive

Receptive music therapy involves listening to recorded or live music or responding to music, such as via dancing or other movement to music, or lyric discussion. It can improve mood, decrease stress, decrease pain, enhance relaxation, and decrease anxiety; this can help with coping skills. There is also evidence chemistry in one's body may change, e.g. lowered cortisol levels.

Active

In active music therapy, patients engage in some form of music-making, e.g. vocalizing, rapping, chanting, singing, playing instruments, improvising, song writing, composing, conducting. Researchers at Baylor, Scott, and White Universities are studying the effect of harmonica playing on patients with COPD in order to determine if it helps improve lung function. Another example of active music therapy takes place in a nursing home in Japan: therapists teach the elderly how to play easy-to-use instruments so they can overcome physical difficulties.

Related Journals of Music Therapy

Alternative Health Care Journals, Alternative Medicine Journals, BMC Complementary and Alternative Medicine, Evidence-based Complementary and Alternative Medicine, Focus on Alternative and Complementary Therapies, Journal of Alternative and Complementary Medicine, Nova Religio: The Journal of Alternative and Emergent Religions.

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