

Music Therapy - A Dynamtc Treatment

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Abstract

Music therapy is a type of complementary therapy. Alternative and complementary medicine is the name generally given to those medical and health care systems, practices and products that are not presently considered to be the part of conventional Western medicine. The more ancient forms of complementary and alternative medicine are also known as traditional medicine. Well known examples include herbal and other nutritional supplements, acupuncture, aromatherapy, music therapy and homeopathy. "Alternative medicine" refers to the use of CAM in place of conventional medicine. "Integrative medicine" (also called integrated medicine) refers to a practice that combines both conventional and CAM treatments for which there is an evidence of safety and effectiveness.

Keywords: - Music therapy, complementary medicine, traditional medicine, CAM treatments.

1) Introduction To Music Therapy

Music therapy is a technique of complementary medicine that uses music prescribed in a skilled manner by trained therapists. Programs are designed to help patients overcome physical, emotional, intellectual, and social challenges. Applications range from improving the well being of geriatric patients in nursing homes to lowering the stress level and pain of women in labor. Music therapy is used in many settings, including schools, rehabilitation centers, hospitals, hospices, nursing homes, community centers, and sometimes even in the home.

1.1) Benefits

Music can be beneficial for anyone. Although it can be used therapeutically for people who have physical, emotional, social, or cognitive deficits, even those who are healthy can use music to relax, reduce stress, improve mood, or to accompany exercise. There are no potentially harmful or toxic effects. Music therapists help their patients achieve a number of goals through music, including improvement of communication, academic strengths, attention span, and motor skills. They may also assist with behavioral therapy and pain management.

1.2) Physical effects

Brain function physically changes in response to music. The rhythm can guide the body into breathing in slower, deeper patterns that have a calming effect. Heart rate and blood pressure are also responsive to the types of music that are listened to.

1.3) Mental effects

Depending on the type and style of sound, music can either sharpen mental acuity or assist in relaxation. Memory and learning can be enhanced, and this used with good results in children with learning disabilities. This effect may also be partially due to increased concentration that many people have while listening to music.

1.4) Emotional effects

The ability of music to influence human emotion is well known, and is used extensively by moviemakers. A variety of musical moods may be used to create feelings of calmness, tension, excitement Lullabies have long been popular for soothing babies to sleep.

2) Aims of Music Therapy

These are tailored individually to each child, but might include:

- 2.1) *Increasing communication, interaction and self-expression*
- 2.2) *Developing peer group and self-awareness.*
- 2.3) *Providing emotional support.*
- 2.4) *Developing skills such as listening, sharing and turn-taking.*
- 2.5) *Developing co-ordination and motor control.*
- 2.6) *Increasing self-confidence and building self-esteem.*
- 2.7) *Music Therapy thus contributes to a child's overall development.*

3) Scope Of Practice

3.1) *Music Theory, Perception, and Skills in Clinical Situations-* Apply elements of music to a variety of dynamic levels, chord progressions and harmonization, a variety of rhythms, meters, and pitch discrimination, timbre discrimination, major, minor, and modal scales and key signatures, use a variety of musical styles and

forms, transpose music.

3.2) Initial Assessment and Treatment Planning

3.2.1) Data analysis - Observe and interact with a client in music and nonmusical settings to obtain objective and subjective information, obtain information from available sources to determine client history and current client status, strengths and experiences (e.g., etiology), identify client's, physical and medical limitations, strengths, appropriate and inappropriate behaviors, manifestations of client's affective state.

3.2.2) Conduct Assessment- Provide appropriate music experiences for assessment, select appropriate assessment procedures, develop or adapt appropriate assessment procedures, create an assessment environment or space conducive to the assessment protocol and client's needs administer assessment procedures.

3.2.3) Develop Initial and Ongoing Treatment Strategies - Involve a client in the treatment planning process, if required consult the following in the treatment planning process client's family, caregivers, other professionals, literatures and other resources.

3.2.4) Structure Treatment - Establish long and short-term music therapy objectives based on assessment and referral information, organize and arrange the music therapy setting to facilitate a client's therapeutic involvement, select, develop and adapt music therapy experiences that address client's music and non-music objectives, strengths, and needs, select and adapt music consistent with a client's age, culture, music background, and preferences musical instruments and equipment consistent with strengths and needs of client select and prepare non-music materials consistent with music therapy goals and client's learning styles (e.g. adaptive devices, visual aids), plan music therapy sessions of appropriate duration and frequency, design programs to reinforce goals and objectives for implementation outside the music therapy setting, when appropriate structure and organize music therapy experiences within each session to create a therapeutic contour (e.g. transitions, pacing, sequencing, energy level, intensity) ,select target behaviors and issues based on assessment information and design an appropriate data collection system to utilize during treatment.

4) Methods of Music Therapy

4.1) Active Music Therapy

Active music therapy usually works with instruments that are very easy to play. The goals, rather, of active music making are to improve the patient's communication and relational abilities, to mobilize and activate the nonverbal expression of emotions, to overcome restrictive personality patterns or simply to experience joy in doing something for oneself. For patients under substantial stress, such as those with a chronic disease, active music making can help them gain some distance or respite from negative thoughts and feelings because their attention becomes totally absorbed by the music making activity. Oncology patients, in particular, have explained how helpful and agreeable this can be. Typical intervention techniques in active music therapy are singing, playing with rhythm, improvisation, and the composition of music or songs. These methods are described in more detail below.

4.2) Singing

Working with songs obviously involves the use of the patient's own body as the musical instrument. In the therapeutic context, singing can train articulation, breathing and individual expressivity. Group work, in addition, nurtures the development of social skills

4.3) Rhythm

working with rhythms during therapy enhances fine motor skills and eye-hand coordination. The expressive power that is often released by rhythm work contributes to an active release of tension, flow (the mental state in which a person is fully immersed in what he or she is doing), and in groups to a positive sense of belonging, manifested in pleasure in one's own activities. Rhythm as well as the experience of an inner metrical beat can be, as mentioned above, beneficial for health-promoting synchronization processes and are even able to stimulate the motor areas of the brain.

4.4) Improvisation

In musical improvisation, patients express thoughts and feelings wordlessly. It is a therapeutic technique in which they can deploy their creativity, responding to and interacting with their own performance or that of a group. Improvisation implies the extempore – something out of time and unprepared – i.e. engaging with the unpredictable, as all of us are challenged to do in our everyday lives, when we must draw spontaneously on our own resources, make on-the-spot decisions, or react to situations in unexpected ways. One of the aims when the therapist and patient review what has taken place during an improvisation session is to identify those aspects of the music making that the patient him- or herself experiences as particularly useful. For an outsider, such improvised music often sounds strange, cacophonous. Patients too usually need some time to adjust themselves

to and feel comfortable with the improvisation set-up. Improvisation is often used as a psychotherapeutic approach when words fail and emotions are hard to express.

5) Receptive Music Therapy

In receptive music therapy, music is used for purposes of relaxation, to reduce pain, relieve anxieties and/or to stimulate illness- and therapy-relevant psychic processes. The patient listens either to music played live by the therapist or to recorded music. Listening to music can also additional functional neurological effects through the stimulus of rhythm or a metrical beat.

5.1) Palliative/Relaxation

The goal of relaxation music therapy is to procure psychophysical relaxation through listening to music. In the Clinic for Tumor Biology in Freiburg, for such therapy we employ the monochord, a 30-stringed instrument, played live by the therapist. In group work we refer to this approach as sound meditation. It enables many patients who encounter problems with other relaxation modalities to achieve an intense experience of deep relaxation and inner peace.

Receptive music therapy can also be applied at the bedside. Especially in situations – such as the approach of death – when anxieties may be strong, music can bring about both physical and psychic relaxation (anxiolysis) and may reduce pain (audio analgesia).

5.2) Rehabilitative

Here music is used to support processes of self-discovery and psychotherapy. One established method is guided imagery and music. Usually classical music is employed as a sound setting to bring forth inner images, ideas and memories that are subsequently discussed, assimilated and therapeutically integrated by the patient.

6) Music Therapy As An Adjunct Treatment

After World War II, when veterans returned home to the United States and entered veterans' hospitals, medical and mental health professionals noticed that music could soothe their shell-shocked patients when other type of treatment failed. A new health profession was born--Music Therapy. Today, music therapists work with a variety of patients of all ages.

One type of psycho-physiologic response happens when people shift to altered states of consciousness. When an individual uses music for relaxation, their abstract thinking is slowed down as they remain in a normal waking state. As they continue with their process of relaxation, the individual moves through the remainder of the six states of consciousness; expanded sensory threshold, daydreaming, trance, meditative states and rapture.

In these states of consciousness, time takes on a different meaning for the individual. Often during music therapy sessions, the individual will lose track of time for extended periods, which in turn helps them to reduce feelings of anxiety, fear and pain.

Barbara Crowe, past president of the National Association for Music Therapy, says, "Music therapy can make the difference between withdrawal and awareness, between isolation and interaction, between chronic pain and comfort, between demoralization and dignity."

In whatever way music and sound are used treatment, it is beneficial to everyone. Music therapy interventions are favored for their ability to meet quality of life issues. As quality of life issues and patient choice are pushed to the national healthcare agenda, music therapy is becoming increasingly recognized for its unique contribution to patient quality of life.

7) Benefits of Music Therapy

- 7.1) Music acts on our mind before being transformed into thought and feeling.*
- 7.2) Music influences the lower and higher cerebral centers of the brain.*
- 7.3) Use of Music as a therapy helps search of an individual's personal harmony.*
- 7.4) Music Therapy is an important tool in the treatment of both psychological and psychosomatic disorders.*
- 7.5) Music Therapy stimulates good vibrations in the nerves of the listeners.*
- 7.6) Music brings about a sense of mental well being in individuals.*
- 7.7) Music Therapy helps to clear the junked thought in mind, which leads to have positive frame of mind.*
- 7.8) Music Therapy enhances the concentration level of children.*
- 7.9) Music improves the capacity of planning.*
- 7.10) Music training helps to express refined exhibition of emotions and clarity in cognition too.*

8) Therapeutic Characteristics of Music

- 8.1. Music helps in capturing and retaining attention.*
- 8.2. Music is a good brain stimulator and it involves different parts of the brain.*

8.3. *Music helps us know our time frame—when to start a work and when to finish*
According to the length of music.

8.4. *Music helps avoid boredom even when work or exercise has to be repeated.*

8.5. *Music helps in retaining memory.*

8.6. *Music enables one to initiate and continue movements.*

8.7. *Music taps into memories and emotions.*

8.8. *Music and the pauses within provide non verbal immediate feed back.*

8.9. *Music is easily adapted to and can be reflective of a person's abilities.*

8.10. *Music provides a social context.*

9) Music to Enhance Concentration and Memory

Learning takes place only with memory. Learning is the process of building up memories for future use. Neural basis for retention is termed as 'engram'. Memory is the 'static residue' of past activity in a neural pathway. Each learning trial involves reactivating the same neural circuit. Reactivating the same neural circuit.

10) Music for Pregnancy & Babies

Sound was born with humans. Gesture and sound conveys message. The tone level reveals the mood expressed by an individual. Pleasant tunes transfer good vibrations in the atmosphere. Good and correct music brings in the good vibrations in the nerves of the listeners.

11) Music to overcome Fear and Anxiety

Patients undergoing surgical procedures often experience anxiety in anticipation of events that will be unfamiliar, uncomfortable or have undesirable results. Even minor surgical procedures can produce anxiety in patients, which can affect their postoperative recovery and risk for physiological complications. Music is an easily administered, non-threatening, noninvasive and inexpensive tool to calm preoperative anxiety.

11.1. *Music helps to achieve a deep state of relaxation.*

11.2. *Music relieves insomnia.*

11.3. *Music enables patients to recall suppressed memories.*

11.4. *Music helps to achieve lower blood pressure.*

11.5. *Music normalizes cardiac arrhythmia.*

11.6. *Racing heart beat/rate will slow down and synchronize with music's rhythm.*

11.7. *Exposing to classical music regularly facilitate few positive benefits in patients.*

11.8. *Music helps to attain comfort from a discomforting condition.*

11.9. *Music gives familiarity in a strange environment.*

11.10. *Music paves way for distraction from fear, pain and anxiety.*

12) Music for the Heart

The present day heavy schedule on individuals and work pressure, tolls first the mindset and then many organs. The beating heart is a delicate mechanism that is highly sensitive to emotion - provoking situations. Many research and several independent studies relate emotional

13) Music for Sleep and Relaxation

The present day heavy schedule in everybody's life deprives many normal needs of individuals. In that many needs sleep is also one among the many and it is the basic requirement for an individual to get along with his daily routines

14) Music Therapy and Its Essence

14.1 *Pleasant tunes transfer good vibrations in the atmosphere.*

14.2 *Music acts on our mind before being transformed into thought and feeling.*

14.3 *Music influences the lower and higher cerebral centers of the brain.*

14.4 *Use of Music as a therapy helps search of an individual's personal harmony.*

14.5 *Music therapy is an important tool in the treatment of both physiological and psychosomatic disorders.*

14.6 *Music Therapy stimulates good vibrations in the nerves of the listeners.*

14.7 *Music brings about a sense of mental well being in individuals.*

14.8 *Music Therapy helps to clear the junked thought in mind. This leads to have positive frame of mind.*

14.9 *Music Therapy enhances the concentration level of children.*

14.10 *Effect of music on the behavior of individuals is enormous.*

- 14.11 *Music improves the capacity of planning.*
- 14.12 *Musical training helps to express refined exhibition of emotions and clarity in cognition too.*
- 14.13 *Music therapy stimulates beta cell activities.*
- 14.14 *Music therapy enhances quality of neural 'Engram'*
- 14.15 *Music therapy enhances the quality of protein releases of brain chemicals.*
- 14.16 *Music therapy enhances the quality of neurotransmitters.*
- 14.17 *Music therapy conditions the heart.*
- 14.18 *Music therapy reduces hypertension.*
- 14.19 *Music therapy reduces unaccompanied explicit behavioral manifestations.*
- 14.20 *Music therapy helps to restrain the emotional outbursts.*
- 14.21 *Listening to music actually cause brain to perform better spatial reasoning.*
- 14.22 *Music is part of human nature.*
- 14.23 *Human brain processes music.*
- 14.24 *Effects of music on human behavior and thought are powerful.*
- 14.25 *Music enhances cognitive process.*
- 14.26 *Music training and exposure increases the amount of brain that responds to musical sounds.*
- 14.27 *Music during exercise produces physiological benefits.*
- 14.28 *Musical interventions may reduce Memory recalls improves when the same music played during learning is played during recall.*
- 14.29 *Music instruction is positively related to verbal memory.*

15) Conclusion

Music is aesthetically appealing and can be justified as use as therapy in the pre-operational setting as it is a non-invasive technique that allows patients some degree of control and participation in their health care. Anxiety contributes to emotional stress and tension, increased pain, nausea and vomiting and can interfere with responses to and recovery from surgery. Research studies support using music in the surgical area and stress that giving patients choices in selection of music is important in helping to decrease their levels of anxiety music listening by itself has not shown consistent results in reducing physiological responses due to stress. This believes that by using music interventions with direct assistance from a music therapist, patients' would more consistently experience a reduction in physiological responses due to stress. The presence of a music therapist is important in providing visual, physical and auditory bonds with the patient. "Since the music therapist is possibly the only non-threatening, non-invasive caregiver in the surgical suite, his or her presence may help alleviate the ever-present tension that accompanies surgery by talking with patients prior to surgery and allowing them to choose when, where and how music interventions will be used, the music therapist helps patients gain a sense of control and allows them to take on an active role in their treatment.

Although the Music therapy is not much popular in our nation (India). But we Indians are traditionally so much involved in various music field. So being an Indian, I

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