

MUSIC THERPY AND MENTAL HEALTH

- I. List 4 mental health challenges people confront today.

Depression, Anxiety disorders, PTSD, Eating Disorders, Bipolar disorders, Schizophrenia

- II. List 4 characteristics that accompany mental health challenges.

Stressed, sleep issues, nutrient/nutrition deficiency, increased fear

- III. List 4 ways that mental health affects one's daily life.

The status of one's mental health can interrupt sleep, increase or decrease one's appetite and ability to digest food. One frequently decreases their level of social activity. Low mental health can lower one's self-esteem and productivity at work. In turn this can affect the outcome of one's efforts.

- IV. List 4 lifestyle actions that can affect one's mental health.

Actions that can affect one's mental health: Exercise, nutritional intervention, relaxation, music studies or music listening.

- V. List 4 methods that currently treat mental health conditions.

Currently, mental health conditions are treated by outpatient interventions. Sometimes this is too lenient for challenges being addressed. Therapies include Behavioral Therapy, Cognitive Therapy, Medications, Recreation Therapy, Music Therapy

- VI. Identify Music Therapy

Music Therapy is the use of music as a motivational tool in the pursuit of non-music objectives.

- VII. List 4 ways that music is integrated in one's life

In life, music is used as a motivational tool for exercise, for stress relief, for entertainment and celebrations

- VIII. List 4 ways that music therapy is addresses mental health disorders.

Music motivates by setting tempo/pace to the task at hand. It is used as a motivational tool, lyric analysis is used for application to conflict resolution.

So many areas of the brain are involved with music at one time.

Areas of the brain that are impacted/affected by music include:

1. The area involved in emotion- limbic system: Amygdala, Hippocampus, hypothalamus, an prefrontal cortex
2. The area involved in cognition - cerebral cortex (frontal lobe, prefrontal cortex, temporal lobe, parietal lobe, occipital lobe).
3. The area involved with sensory - cerebral cortex (Occipital lobe-sight, Temporal lobe-auditory, Parietal (touch, pain, temperature), Frontal lobe - taste , olfactory cortex -smell
4. The area involved with movement- Motor cortex in frontal lobe, cerebellum for balance, and basal ganglia for starting and stopping,

Areas of the brain involved with music:

Frontal Lobe, Occipital Lobe, broca's , wernicke's region, left hemisphere, right hemisphere, limbic system, Auditory Cortex

Thanks to technology, we now know that a fireworks presentation happens in the brain when listening to music. This is due in part to the synapses activity that is already happening when music is brought into the picture.

When listening to music, the brain is involved with releasing dopamine at the climax/tension/resolution moments in music. This is why people feel so much better after listening to music.

Mental health type Benefits of music therapy

1. Develop positive effective coping mechanisms.
2. Positive emotional behavioral development
3. Increase one's tolerance for frustration.
4. Improves one's self-image

Activity:

When I feel (emotion/mood), I listen to (music type/artist) because it_____.

1. Happy-
2. Melancholic-
3. Sad-
4. Discouraged-
5. Angry-
6. Anxious
7. _____

For more information regarding music therapy and/or finding a board certified music therapist, you can go to the following websites. ,

AMTA - www.musictherapy.org American Music Therapy Association

CBMT-www.cbmt.org Certification Board for Music Therapists

An attendee asked about music being healing at frequencies of 220Hz. This is an area of ongoing research I am not familiar with.

220 Hz, in terms of sound, would be the A pitch an octave below middle C on the piano. Sounds that are lower frequency, are more tangible than higher frequency sounds. Reiki healing is a field involved with healing by using the body's natural energy fields.