

# **Integrating cultural music therapy approaches with pregnant women in antenatal wards in a south Indian Hospital**

**by**

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## **Abstract:**

This paper presents and discusses about the integration of some traditional mechanisms of manipulating the micro environment in-utero during the prenatal period of pregnancy and how these traditions provide auditory stimulation in the form of Vedic chanting to the foetus in-utero in r to ensure the healthy development of the foetus. How these traditional practices are integrated in clinical practices in a south Indian hospital to help the fine tuning of hair cells in the ear and their neuron connection to spiral ganglion and cochlear nuclei ( Hall, 2000) and in the form of mother's voice, family voices, music (simple melodies), and meaningful sounds of the family and environment (Shoemark, 2012) are discussed

Also patients look up on traditions as a way to cope with their distresses and to normalize hospital environment. There are music healing practices considered as traditions in some cultures. When things get stressed, traditions become a coping resource, comfort the patients and normalize hospital environment. Therapists working close to traditions of the client make a synchronized communication and are able to quickly get into a rapport with the patients. Most traditional practices are habits and are very meaningful in our lives and when music therapists have the ability to make meaningful musical experiences through working close to traditions, they also create a bond of trust and confidence with which the therapist engages in musical tasks with the clients to effect the relatively permanent change. (Sundar, 2015)

**The presentation is by way of a PPT and videos are presented.**

## References:

Hall, J. (2000). Development of the ear and hearing. *Journal of Perinatology*, 20, S11-S19.

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Shoemark, H. (2012). Frameworks for using music as a therapeutic agent for hospitalised newborn infants. In N. Rickard & K. McFerran (Eds.). *Lifelong engagement in music: Benefits for mental health and well-being*. pp1-20. New York: Nova Science Press

(Sundar, S. (2015). The role of Traditions in Therapeutic relationship maintained by the therapist and the patient during the music therapy process. Spot light speech. Best Practice Day in Music Therapy in IMC University of Applied Sciences, Krems, Austria. Nov. 11, 2015.