

IAMM China 2016

"Arousal and disinhibition in music therapy for neuro-rehabilitation"

Individuals recovering from stroke or Traumatic Brain injury (TBI) have many barriers to recovery. Some have damage to the frontal cortex which is responsible for executive function i.e. task planning. Endurance, on-task behaviors, and motivation may also be impaired. Clinical observation and research indicate that those with stroke and or TBI can and do benefit from prolonged engagement in active music making and music based improvisations. Additionally, neuroscience research is beginning to reveal the underlying brain mechanisms that are activated during musical improvisations. Presenter will draw examples from both clinical music therapy practice as well as current neuroscience research to explain therapeutic benefits of duration of active music engagement and improvisation in neuro-rehabilitation.