

Title:

Integrative Health through Music Therapy: Accompanying the Journey from Illness to Wellness

Abstract:

This session demonstrates an approach to music therapy in integrative health that combines Eastern philosophy and Western science. The underlying mechanisms for applying techniques, including music-facilitated breathwork, meditation, and mantra, will be explained. Clinical applications in oncology, cardiology and family medicine will be included.

Description:

This session will introduce participants to the evidence-based practice of music therapy as applied to integrative health and medicine. The approach incorporates Eastern philosophies and Western medical science in a holistic methodology that emphasizes wellness and wellbeing. The presenter will explain some of the mechanisms underlying music therapy, including the neuromatrix theory of pain, and the psychoneuroimmunology of music as therapy. Recent investigations of its efficacy for individuals with cancer, cardiac illness, and other serious chronic diseases will be presented. In-vivo demonstrations with live music will enable participants to experience a variety of clinical music therapy interventions. Filmed case examples will demonstrate the impact of music therapy on patients with diverse diagnoses and symptomatology. The presenters will provide case material from their practices in a wide range of specialties, including oncology and family medicine, and both inpatient and out-patient settings. Participants will experience stress and pain management techniques that are facilitated by music. They will learn a number of music therapy protocols, and hear examples of songs written by patients.

The presenter will introduce music therapy as a mind-body approach that includes techniques that embrace Eastern philosophies, like music-facilitated meditation, mantra, and breathing techniques. These strategies have been applied in many centers for integrative medicine by the presenter, including Dana-Farber Cancer Institute's Zakim Center for Integrative Therapies, Boston Medical Center's Department of Integrative Medicine and Health Disparities. Music therapy research and clinical care bring innovations to integrative medicine that empower every individual to realize their creative potential and their ability to heal.

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Presenter:

Dr. Suzanne B. Hanser, EdD, MT-BC, is founding chair of music therapy at Berklee College of Music. She is Past President of the World Federation of Music Therapy and National Association for Music Therapy, and Secretary of IAMM. Her new book is *Integrative Health through Music Therapy: Accompanying the Journey from Illness to Wellness*.

Key Words:

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