

## Target Audience

Clinicians, researchers, public health practitioners and students in the fields of pediatric and adult pulmonary care settings

## Objectives

Participants will:

- learn new findings about the impact of music and medicine and music therapy to enhance the care of adult patients with pulmonary disorders;
- apply new strategies involving music therapy to care for patients with COPD
- discuss feasible ways to use music-winds, music visualization and singing to achieve improved respiratory health

Music therapy is a promising and effective method to reduce depression and perceived dyspnea and enhance sense of control on patients suffering pulmonary disease. This modality represents a creative process, whereby persons who are faced with pulmonary challenges may be inspired to use their breath with controlled effort, in a social context, with reinforcement and cultural sensitivity. In this presentation, we will first review how Pulmonary Rehabilitation helps improve the well-being of patients with chronic breathing problems. We will describe the effect of a multimodal psycho-music therapy

intervention on respiratory symptoms, psychological well-being and quality of life of patients with Chronic Obstructive Pulmonary Disease and other lung diseases as adjunct to Pulmonary Rehabilitation.

Finally, we will discuss some live examples of how music visualization, wind play and singing can illuminate the burden of impotence often felt when breath is compromised.

Speakers:

Bernardo Canga, MMT

Jonathan Raskin, MD

Joanne Loewy, DA, LCAT, MT-BC