BENEFITS OF THERAPEUTIC MUSIC IN THE CLINICAL SETTING

Bonnie Berk, MS, RN, HNB-BC, CCM
ANCIENT SOCIETIES
Plato (428 BC - 348 BC)

“Music moulds character, when modes of music change, the fundamental laws of the state change with them. Music is medicine to the soul. Justice is to the soul as health is to the body. Through music, the soul learns harmony and rhythm and even a disposition to justice.”

APOLLO: GREEK GOD OF MUSIC AND MEDICINE
Elements of Music Used in Conscious Ways:

3. Rhythm: Influences the body.

Holism = MIND + BODY + SPIRIT

Carroll, D. 2011. Professor of Music Therapy, Music Department, Université du Québec à Montréal, Montreal, Quebec. Carroll.debbie@uqam.ca
Through music, Pythagoras performed what he called “soul-adjustments”. He discovered:

Music is Mathematics
Arithmetic = Number in itself
Geometry = Number in space
Music/ Harmonies = Number in time
Astronomy = Number in space & time

Carroll, D. 2011. Professor of Music Therapy, Music Department, Universite’ du Quebec a Montreal, Montreal, Quebec. Carroll.debbie@uqam.ca
“Within certain subspecialties of conventional medicine, the groundwork for a shift from the Newtonian pharmacokinetic approach to an Einsteinian view of pure energetic healing is presently being formulated. This permutation from conventional drug and surgical therapy to electromagnetic healing represents the beginnings of a revolution in consciousness for the medical profession.”

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<th><strong>Newtonian</strong></th>
<th><strong>Einsteinian</strong></th>
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<td>√ Mechanistic: physical clockwork</td>
<td>√ Matter as a substance composed of particles of light.</td>
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<td>√ Intricate chemical systems powering a structure of nerve, muscle, flesh and bones.</td>
<td>√ Wave/particle duality of matter: Holographic energy field.</td>
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<td>√ Difference between physical matter and etheric matter is difference of frequency.</td>
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CHAKRA ENERGY SYSTEM
MERIDIAN ENERGY SYSTEM
THE RESONANT SYSTEM

Your Body

Piano
THE RESONANT SYSTEM

Your Body

✓ Trachea, throat, mouth, nasal cavities and sinuses,
✓ Vocal Chords: Vibrating strings,
✓ Breath is energy source.

Piano

✓ Hollow, box-like body,
✓ Strings vibrate,
✓ Human hands are energy source.

WHAT IS THE FUNCTION OF THE RESONANT SYSTEM?

“Every body organ and tissue has a frequency or group of frequencies. The human body is an orchestra of harmonic sound. Every organ has an inherent resonance. When one of these gets out of tune, like an orchestra, the entire body suffers.”

Laura Riley, Founder, Harps for Healing LLC
VIBRATIONAL TOOLS
Strong humming for one hour daily to terminate chronic rhinosinusitis in four days: a case report

1. A technique for identifying the slowest pacing necessary to terminate an arrhythmia, particularly atrial flutter.
2. The synchronization and control of cardiac rhythm by an external stimulus.
TIMBRE

tim·bre
(timˈbər, tamˈbər),

The distinguishing quality of a sound, by which one may determine its source, for example, type of musical instrument, voice of a person based principally on the distribution of overtones.
HEALTH BENEFITS OF MUSIC


✓ **Improves Heart Function**: Bernardi, L. Porta C. Sleight P. Cardiovascular, cerebrovascular and respiratory changes induced by different types of music in musicians and non-musicians: the importance of silence. Heart. 2006 Apr;92 (4): 445-52
HEALTH BENEFITS OF MUSIC

✓ Speeds Post-Stroke Recovery:

✓ Boosts Immunity:
Medical News Today: March 2013:

“First large scale review of 400 research papers in the neurochemistry of music showed that music increases an antibody that plays an important role in immunity of the mucous system, known as immunoglobulin A as well as natural killer cells.”

http://www.medicalnewstoday.com/articles/258383.php
HIGHLIGHTS FROM REVIEW

✓ Listening to music was better than prescription medications in reducing stress before surgery.
✓ People who listened to music had an increase in levels of Immunoglobulin A (IgA).
✓ Music listeners had higher numbers of an immune cell type called "natural killer cells," whose job it is to attack bacteria, infected cells, and cancerous cells.
✓ Listening to music reduced levels of cortisol in the body.

http://www.medicalnewstoday.com/articles/258383.php
HEALTH BENEFITS OF MUSIC


✓ **Induces sleep:**

American Cancer Society says that music therapy: “may be used to encourage emotional expression, promote social interaction, relieve symptoms, and for other purposes.”


EFFECTS OF MUSIC LISTENING ON CORTISOL LEVELS

- 2011: Double-blind Study explored effects of instrumental music on hormonal system, immune system and sedative drug requirements during surgery.

- Patients (40) randomly assigned to music group or control

- Patient of music group had a lower propofol consumption and lower cortisol levels compared to control group.

Live Music Promotes Positive Behaviors in People with Alzheimer's Disease

Pacifier Activated Lullaby (PAL)


Advantages of Live Music:

- Moment-by-moment flexibility which allows the music therapist to control the tempo, loudness, and vocal and instrumental quality.
- Offering the advantage of observing the physiological and behavioral responses of the client and then responding appropriately.

Bonnie Berk, RN, MS, HNB-BC, CCM with her Thormahlen harp
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