

P02-216 - MUSIC THERAPY

P. Mistic, D. Arandjelovic, S. Stanojkovic, S. Vladejic, J. Mladenovic

Forensic Psychiatric Centre, Specialized Hospital For Psychiatric Disorders 'Gornja Toponica', Nis, Serbia

Music has been a medium of therapy for centuries, and there are numerous examples of the curative or healing powers of music in the historical records of different cultures. Music therapy is now accepted as a discipline alongside other paramedical professions such as physiotherapy, occupational therapy, speech therapy and psychology in paramedical services and special educational services provided by health and education authorities.

The aim of this work is to summarize the usage of music therapy worldwide.

With certain clinical populations (patients), music therapy has been found to be effective and beneficial.

It is used with individuals of all ages and with a variety of conditions, including: psychiatric disorders, medical problems, physical handicaps, sensory impairments, developmental disabilities, substance abuse, communication disorders, interpersonal problems, and aging. It is also used to: improve learning, build self-esteem, reduce stress, support physical exercise, and facilitate a host of other health-related activities.

For example, research suggests that listening to Mozart's piano sonata K448 can reduce the number of seizures in people with epilepsy. This has been called the "Mozart effect".

Also, music therapy can help to ease the isolation of dementia and prevent old people from completely losing touch with their loved ones.