

Understanding the Science of Music as an Rx for Stress

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The impact stress has on our physical, psychological and cognitive health is significant. Health Science researchers project that over 85% of visits to doctor's offices, emergency rooms and hospitals are the result of Stress and it's effect on our brains, and subsequently our body systems. Quantifying the complexity and diversity of the effects of stress is essential for establishing the credibility of music as an accepted rehabilitative as well as a preventive intervention for managing stress. Examining the elements of music, and clarifying their individual and collective impact upon individuals physiologically and psychologically, assists in selecting as well as developing music for prescriptive applications in managing stress. The template from the medical field of Psychoneuroimmunology can serve as a model for constructing musical parameters in the development of recordings specifically created for the management of stress. Through multi-media, demonstrations and discussion, participants will develop a framework for understanding the necessity of managing stress, and the universal power music wields in stress management. We will listen to, examine, and define the criteria used in several recordings that I developed for stress management: (1) in health care environments (*Music for Health and Wellness*); (2) in Alzheimer's care units (*Island Sounds-Healing Heart*); and (3) for a hospice application (*Euphonium for Euphemia*).