

Bio-Guided Music Therapy: Integrating music & real-time physiological data in treatment

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Abstract

This course reviews the fundamental concepts of Bio-guided Music Therapy (Miller, 2011, Jessica Kingsley Publishers of London). Focus is on utilizing real-time physiological data-driven music therapy for stress, anxiety, hypertension, ADHD, Raynaud's, & other disorders. In this workshop format, participants gain hands-on experience creating musical environments based on heart rate, skin conductance and EEG brainwaves. Basic concepts relating to music and the brain will be reviewed.