



WORKSHOPS

MUSIC RX: JOURNEY OF EXPLORATION AND EXPLANATION

Arthur Harvey
University of Hawaii, Honolulu, USA

ABSTRACT

Scientific studies on the brain, intelligence and music confirm that music and sound have a significant impact on higher level brain function and emotional well being. It can be argued that musical intelligence probably carries more emotional, spiritual and cultural weight in human development than any other set of influences. In this workshop Dr. Harvey, one of the most venerated researchers, teachers and authors in the realm of sound and music therapy will examine and demonstrate some of the diverse approaches to the therapeutic use of music and sound and how they affect us physiologically and psychologically Through lecture, discussion, audio resources, media and experiential exercises, Dr. Harvey will help students gain a better understanding of the various uses of sound and music therapy in health care for personal and professional applications. He will also examine the distinctives of sound therapy, music therapy, music for health and music medicine. This is an experiential workshop in which students participate in adaptive and traditional music making with instrumental and vocal processes. Special emphasis will be devoted to Stress Management approaches with music and the use of music and sound to accelerate learning. Come prepared to be educated, entertained, enlightened, entrained and enriched. [The author can be reached at aharvey@hawaii.edu]