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BIO-GUIDED MUSIC THERAPY: LIVE JAMMING FOR HEALTH WITH REAL-TIME PHYSIOLOGICAL DATA

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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. This presentation presents fundamental concepts of Bio-guided Music Therapy (Miller, 2011, Jessica Kingsley: London). The course provides the music therapy practitioner with a rationale, historical context and detailed step-by-step, how-to instructions for utilizing real-time physiological data driven music therapy. Interventions are outlined for various purposes and populations. Some of the target complaints discussed include, stress, anxiety, high blood pressure, migraine, Raynaud's disease, neuromuscular deficits, ADHD, Autism, depression, phobias, and addictions. In this workshop format, the session delivers live demonstrations creating therapeutic musical environments based on real-time physiological output of muscle tension, heart-rate, skin conductance and EEG brainwaves. Basic concepts relating to music and the brain will be reviewed with particular attention to musical tasks related to brain structures. Applications to music therapy research and clinical documentation (e.g. for insurance companies, etc.) will also be presented. [The author can be reached at miller@biofeedback.net]