



## MUSIC IMPROVISATION BRINGING SOUL IN THE HOSPITAL SETTING

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### ABSTRACT

In most allopathic hospitals the focus is on the physical body. A holistic approach to healing and wellness respects not only the body but includes the mind, and spirit. Music is the language of the soul. Learn about how soul expression is incorporated in the healing process at a Geri/Psyche Hospital in Philadelphia, PA. Several case studies will be presented with examples of how music improvisation is used therapeutically. This experiential workshop will include philosophy and concrete experiences to help understand the bridge of music improvisation for well-being. Improvising is creating spontaneously, in the moment. Improvisational music making can provide experiences of being present, connection with self and other, trusting and enhancing listening skills. When we improvise, we face the unknown. This process is used to help one face their fears to develop courage and trust. Psychological benefits include a sense of community and belonging through this shared endeavor developing balance and well-being. Easy to play world music instruments are used which are harmonically tuned in a Pentatonic scale that have “no wrong notes.” This brings success and beauty to the patient who plays, raising self-esteem. Improvisational singing is encouraged with both verbal and non-verbal patients to encourage self-expression. Song writing interventions are also utilized for expression of thoughts and feelings. This experiential course will provide examples of how improvisational music making is used in the hospital setting. The improvisational structures will be experienced with exercises in communication, freeing inhibitions, and broadening expression. There is no need for prior music experience. [The author can be reached at [Lynn@LynnMiller.org](mailto:Lynn@LynnMiller.org)]