



Music therapy in education

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@balansology

Workshop content

06 BODY PERCUSSION 5 MIN
LEARNING LANGUAGE WITH
MUSIC

07 MINDFULNESS

08 REALXING BREATHING
(SPRING BREATHE) 5 MIN

09 BODY SCAN WITH MUSIC
(15-20 MIN)

01 DEFINING MUSIC THERAPY +
SOME RESEARCH 15-20MIN

02 ISO RULE IN MUSIC THERAPY

03 MURMURANDO
(+ BENEFITS) 10 MIN

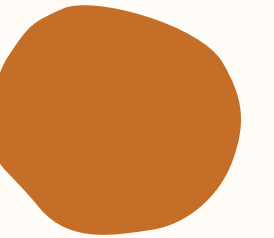
04 MUSIC FIRST AID KIT

05 STRESS RELEASING WITH
BASIC INSTRUMENTS AND
VOICE (15 -20MIN)

Let's get to know each other with music



Let's start from some relax

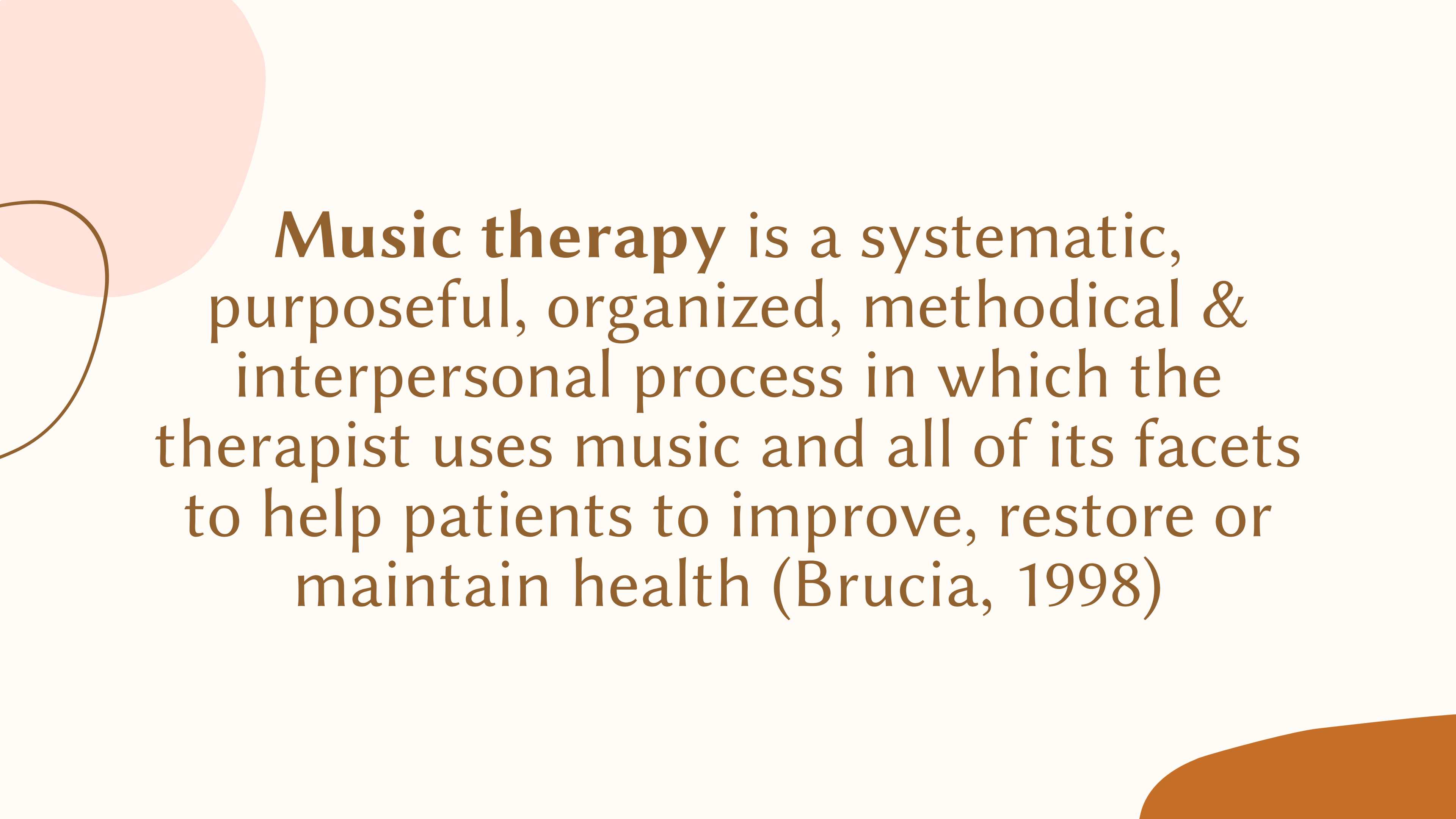


Humming (Murmurando)
with music Darker in vine "Deux Penses"

Murmurando benefits

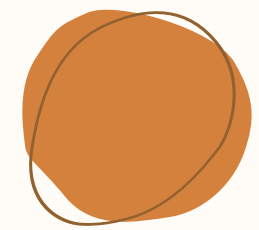
- releasing nitric oxide
- reducing stress hormones
- creating new neuro pathways
- develops neuroplasticity





Music therapy is a systematic, purposeful, organized, methodical & interpersonal process in which the therapist uses music and all of its facets to help patients to improve, restore or maintain health (Brucia, 1998)

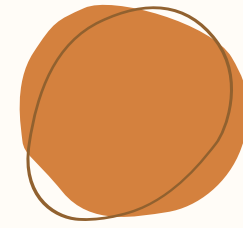
Music therapy



active

creating
music,
recreating,
improvising

-



receptive

listening live
or recorded
music





ISO principle

The term “iso principle” is unique to the field of music therapy. Introduced in the late 1940’s by Altshuler as a method of mood management in which the music therapist provides music that matches their client’s mood, then gradually changes the music to help the client shift to a different mood.

Heiderscheit, A. & Madson, A. (2015) Use of the iso principle as a central method in mood management: A music psychotherapy clinical case study. *Music Therapy Perspectives* 33(1),

45-52



Music first aid kit for calming down

Gymnopedie Erik Satie

Spiegel im spiegel Arvo Part

Weightless Marconi Union

Free your mind Meditation Music Zone

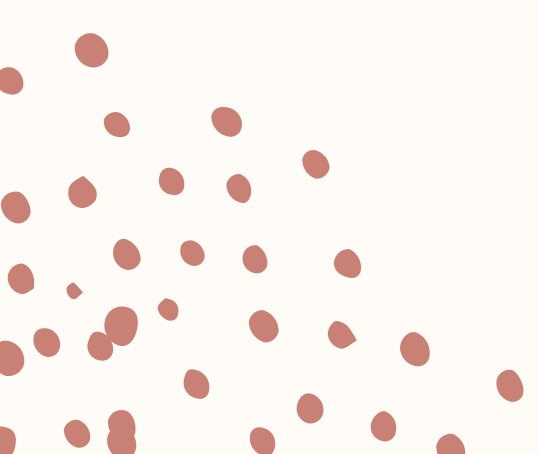
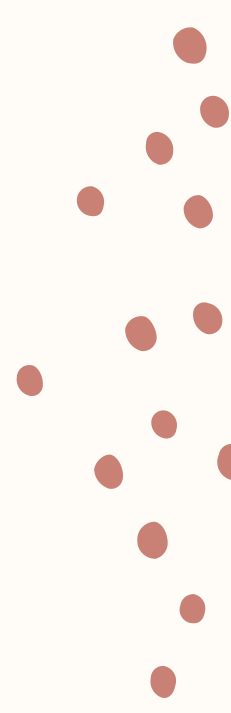
Dream 1 Mex Richter

Harmonic Waves Zoe Chambers

Fracture Stepan Moccio

Grey Cloud Lullaby Slow Meadow

Weightless Marconi Union



Reasons to implement music into teaching

Music makes brain work better & faster

Music has shown the effect on various areas of brain like corpus callosum, sensory cortex, motor cortex, hippocampus and cerebellum. When we play or listen music, it is processed in different parts of the brain. Neuroscientists has also proved that there is more growth in neural activity of people involved in music than people away from music

Music and development of language skills

Recent studies clearly indicate that **musical training physically develops the left side of the brain which is known to be involved with processing language**, and can actually wire the brain's network in a specific ways.

Linking familiar songs to new information can also help imprint information on young minds. When young children listen to familiar words in songs, their brains build connections to the sounds they are hearing and the words they are singing.

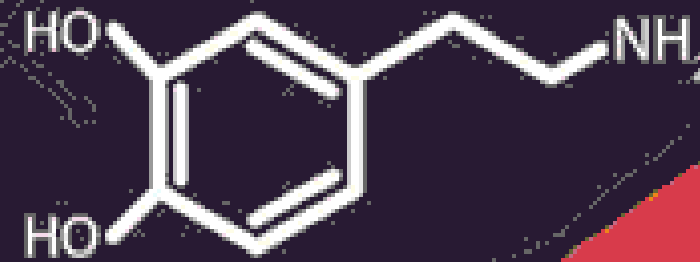
Singing songs and reciting poems and rhymes with children helps them **develop early literacy skills**.

Keeping a steady beat develops language. Clapping hands, stamping feet, and using rhythm instruments in time to music develops important pre-reading skills.

Young children **recognize words, sounds, rhythms, tones and pitches long before they talk**, sing or dance.

Your Brain On Music

Listening to music causes the brain to release dopamine, a **feel-good chemical**.⁶



Music with a strong beat can stimulate brainwaves. Slow beats encourage the **slow brainwaves** that are associated with hypnotic or **meditative states**. **Faster beats** may encourage more alert and **concentrated thinking**.¹³

Music **occupies the mind** with something familiar and soothing.¹²

Music **alters patterns of pain, depression and disability**.¹¹

focusing the attention away from negative stimuli to something pleasant and encouraging.⁷

Music has the **ability to alter breathing and heart rate**.⁸

Music also has the power to **improve your state of mind**. This helps keep things like depression and anxiety at bay.⁹

Music can help **reduce the perception of pain**.¹⁰

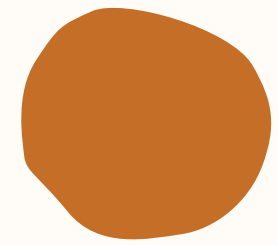
Source: <https://www.kakou.org.uk/your-brain-on-music/>



Let's practice!

active music therapy

- releasing emotions with simple instruments,
- voice & movement for emotion expression
- body percussion
- simple song with different rhythms and vocabulary of the countries where we are from



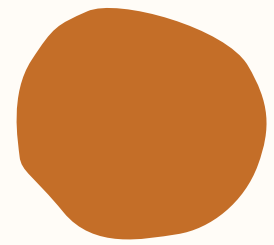
What is mindfulness ?

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens (with no judgement).

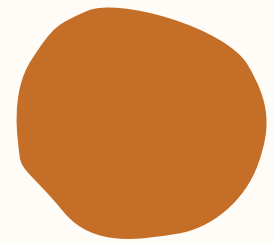
When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future. -Jon Kabat-Zinn

Source: Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness;
Jon Kabat-Zinn

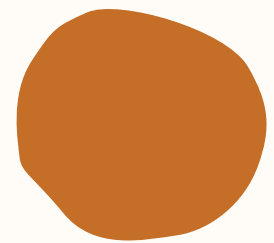
Meditation is a mindfulness tool



breathe



body scan



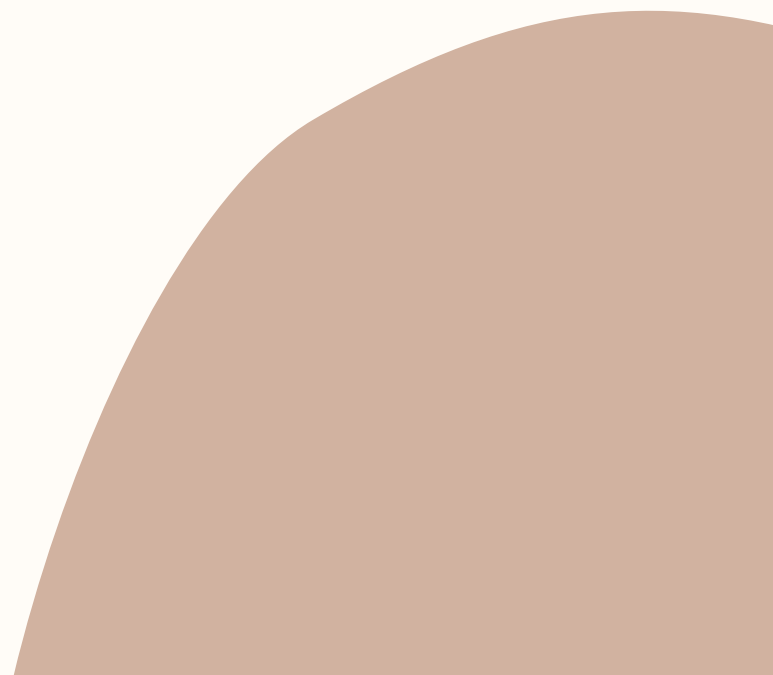
thoughts & emotions

Let's practice breathing



Relaxation with mindfulness and music

Weightless - Marconi Union



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