Subject: Music In Therapy
Posted by Kingfish on Sun, 24 Oct 2021 12:11:02 GMT
View Forum Message <> Reply to Message

Long strides have been made in understanding how music can be beneficial to the psychological and emotional well-being in people. Physical therapists are catching on to this through the work of musical therapists. It is a growing field, so if you love music, like helping people and are trying to find your stride in the workforce.....this would be a great field to look into.

If you have a loved one receiving care from physical therapists, ask the facility where they are if they participate in musical therapy. If they do, that's great. If they don't, it never hurts to let them know of this option.

https://www.musictherapy.org

Subject: Re: Music In Therapy
Posted by Rusty on Sun, 24 Oct 2021 17:58:34 GMT
View Forum Message <> Reply to Message

Even grazing cows dig it.

https://www.youtube.com/watch?v=lypL_EcI9XE

Subject: Re: Music In Therapy
Posted by Souldude on Wed, 27 Oct 2021 08:07:59 GMT
View Forum Message <> Reply to Message

Glad to hear that music is being used in therapy because it does a lot in helping your average healthy person cope with day-to-day stress. In this setup, people who need it the most can maximize music's benefits with the help of professionals.

Subject: Re: Music In Therapy
Posted by Concorde on Sun, 31 Oct 2021 12:33:22 GMT
View Forum Message <> Reply to Message

Rusty wrote on Sun, 24 October 2021 12:58Even grazing cows dig it.

https://www.youtube.com/watch?v=lypL_EcI9XE
That is wild. :lol:

Never knew that was a thing. Wonder what it is about accordion music?

Someone needs to get a multi-million dollar govt. contract to study this.

Subject: Re: Music In Therapy
Posted by Spotifier on Fri, 12 Nov 2021 16:00:42 GMT
View Forum Message <> Reply to Message

I think I've been doing some unofficial therapy with music for a while now. I'm always with it in highs and lows. It's a comforting background that occupies my mind. I also find reassurance listening to it.

Subject: Re: Music In Therapy
Posted by AcousticJack on Thu, 16 Dec 2021 09:05:41 GMT
View Forum Message <> Reply to Message

I love therapy music and meditation music. It is so calming and soothing. There is a reason people use that kind of music in guided meditations. I know a lot of people who make good money in this niche.

Subject: Re: Music In Therapy
Posted by Echo on Sat, 18 Dec 2021 17:15:52 GMT
View Forum Message <> Reply to Message

I haven't heard about using music in therapy, although it doesn't surprise me that it would be highly beneficial. But I did read about the use of binaural beats and they seem to help a lot of people.

Subject: Re: Music In Therapy
Posted by LoveJB on Tue, 21 Dec 2021 21:05:06 GMT
View Forum Message <> Reply to Message

Grazing cows love music too - now that is pretty cool.

Yeah, I have a cousin who is a musical therapist. She said you wouldn't believe how well it works. It totally makes sense to me. Music can change your mood (either happy, sad, good or bad) with just one song.

Subject: Re: Music In Therapy
Posted by Csharp on Thu, 23 Dec 2021 03:49:32 GMT
View Forum Message <> Reply to Message

And your mood can help dictate how well and fast your body heals. The power of music is incredible when you think about it. The effects are subtle, but unmistakable if you're paying attention.

Subject: Re: Music In Therapy
Posted by Azuri on Sun, 23 Jan 2022 18:58:57 GMT
View Forum Message <> Reply to Message

Csharp wrote on Wed, 22 December 2021 21:49And your mood can help dictate how well and fast your body heals. The power of music is incredible when you think about it. The effects are subtle, but unmistakable if you're paying attention.
Who has time for that nonsense? How does music help me make money? Climb that ladder? Art is useless and overrated. /sarcasm :lol:

But seriously, good things can be realized, and happen, when science and medicine shake hands and get along.

Progress.