

# Music therapy. Opportunities and boundaries seen in the practice of one music therapist.

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Long terms benefits of interaction with music, for the physical as well as for the mental health, have been proved by researchers in different fields of science. Playing an instrument can be helpful for the development of the gross and fine motor skills, language, better memory, math skills and etc. Playing as part of a group can contribute to some better social competence skills, cooperation, stress handling etc. Listening to music can have a relaxing or energizing effect on the whole nervous system.

What is the role of the music in the work with mentally ill people and such as with special needs and what is the role of the therapist along that process are the most common questions that occur when it comes to music therapy.

This presentation will introduce the music therapy as a method of mental care form the antiquity to the modern times. Different schools, branches and approaches would display this therapeutical method as a complex way of a person - to - person interaction. Video materials from actual sessions will try to answer some questions and may bring some out as well.

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