

Music therapy methods in rehabilitation programs

children

with neurotic and behavioral disorders

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Efficiency musical therapy (MT) for patients
neuropsychiatric profile was unconditionally confirmed on the basis of a
systematic analysis of the database of medical institutions (Cochrane Database of
Systematic Reviews, CDSR), used to obtain information about the effectiveness of
health care (Ch. Gold, 2006).

Correctional MT-program used by the neuropsychiatricus V conditions
hospital of the rehabilitation orientation,
focused on solving the rehabilitation and preventive problems of children aged 3
to 16 years with neurotic and behavioral disorders. The tasks of the rehabilitation
direction are, in particular, the optimization of the psychoemotional status of
patients, the improvement of sensorimotor coordination, the development of a
sense of rhythm, the structuring of motor activity in accordance with age norms
using tempo-rhythmic influences, the development of speech and vocal qualities
and skills using the techniques of therapeutic singing. The tasks of psychological
and social adaptation include expanding the adaptive capabilities of children in a
hospital setting, general aesthetic development, involving the child in group
communication, developing verbal and non-verbal communication skills,
increasing the level of empathy and socialization.

Depending on the tasks set, receptive and active forms of work with children
and their parents are used. The block of receptive forms includes MT-programs of
the sedative and tonic type, including those with audio recording of the mother's
voice. The active forms include instrumental techniques for reducing the level of
aggression using elements of a noise score, clinical improvisation, healing singing,
as well as classes for teaching mothers of children aged 1–5 years to sing lullabies
based on the musical archetype of meditation.

As a rule, the following psychoemotional and physiological reactions become
the result of sedative MT-effects: relaxedness, calmness, a feeling of pleasure,
decrease in emotional stress and the level of reactive anxiety, optimization of
blood pressure and heart rate, muscle relaxation. The results of tonic MT-effects
include an increase in the background mood, an improvement in psychoemotional
status, a decrease in the level of reactive anxiety, and an improvement in
sensorimotor coordination. Motor and verbal responses include rhythmic
movements of the arms and legs, dance movements, singing along, laughter.
Among the results of the application of the MT correction program in children with
neurotic and behavioral disorders in conditions

neuropsychiatric hospital can also Mark improvement
communication functions, correction of behavioral patterns, the formation of listening
skills and active music-making, the development of empathy and subtle non-verbal
contacts between mother and child.

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