

Experience in the application of methods of music therapy
in wellness and anti-aging practice
L.L. Shershneva
(Music therapy center, Ukhta, Russia)

Music therapy is one of the most important areas in the general system of therapeutic and prophylactic measures aimed at reducing morbidity and strengthening the health of the population.

The multidisciplinary music therapy center "Doctor Musis" in Ukhta is currently the only one in the Komi Republic. One of the main tasks of the center is health improvement by musical art, disease prevention, social rehabilitation and personal development. The availability of methods and an individual approach attract people of all age categories with different health conditions.

Today, the center has the following offices:

1. Cabinet of health and beauty with hardware and software complex "Bonnie-Grand", which uses the technologies of rejuvenation, healing and stress management.

2. Children's room of music and art therapy with full equipment, including musical therapeutic doll "Doctor Music", which is endowed with anti-stress programs, programs of psychological recovery and intellectual development. The problem of children with special needs is especially relevant. The solution of this issue within the framework of educational institutions is very difficult due to the existing system. Families raising children with various developmental disabilities (mental retardation; delayed speech development; autism; Down syndrome) turn to our Center; with mental and physical disabilities. With this contingent, psycho-correction with a doll with a recording of the mother's voice (previously worked out) is also successfully carried out.

3. The health care cabinet for pregnant women effectively uses the opportunities music-puppet therapy for the correction of neurotic disorders, reducing the level of anxiety, improving health and mood, increasing activity, adaptive capabilities, contributing to the activation of psychological readiness for successful childbirth.

4. In the vocal therapy room, diseases of the respiratory system, nervous systems, increase the level of health and inhibit the aging process.

The age of people who applied to the Doctor Music center during its work is from 3 to 80 years old. Patients with various psychosomatic disorders, recovering from operations and strokes, weakened, with chronic fatigue syndrome, in a state of disruption of adaptation reactions, depression, neurasthenia, with problems of premature skin aging, etc. are treated.

An individual rehabilitation program is selected for each applicant; the method of integrative music therapy is often used, which allows combining several types in the treatment of one patient.

Monitoring of the state of health and well-being of patients is carried out by the method of interrogation and observation, testing on the apparatus, various methods of psychological diagnostics (SAN questionnaire, Luscher's method, Eysenck's test, art diagnostics and Shusharjan's musical test).

As the work of our center has shown, the methods of music therapy allow us to have a complex positive effect on the state of physical and mental health.

In the future, we would like to receive support from city-forming enterprises to conduct regular classes with children from low-income families and with children with disabilities. In addition, we are planning to open a similar multidisciplinary music therapy center in Moscow.

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