

# Music Therapy Session in the Hospital would Relax, Sooth and Heal the Heart

**Keywords:** Music therapy; Integrative medicine Japan; Registered music therapist; Reminiscence therapy; Traditional Japanese folk song; Christmas concert.

## Abbreviations

MT: Music Therapy; IMJ: Integrative Medicine Japan; RMT: Registered Music Therapist

We have developed research of Integrative Medicine Japan (IMJ) in Shikoku division which is one of the 4 main islands in Japan. Recent topics were Christmas music therapy sessions in the hospitals on December, 2017.

One session was held in the day care center of the hospital, where we communicated various patients presenting educational slides and songs by children choir in Christmas concert (Figure 1). The patients seemed to be satisfactory from the behaviors of expression, sing, clap and footstep.

Another session was held in hospice department of the hospital (Figure 2). Attendees were 18, including 11 on walking, 3 on bed and 4 family members. We presented Christmas songs and traditional Japanese folk songs which were adequate for their condition and situation. Furthermore, we showed some nostalgic Japanese landscape in the picture slides corresponding to the songs.

The important activity includes the mutual communication with patients and family in the music therapy session. It was programmed by authors with registered music therapist certificates. During 50 minute session, more than half attendees shed tears in their eyes. They were probably impressed with the music, children singing, mutual conversation and/or previous memories combined to each music.

Music therapy stimulates the human senses directly, including sight, hearing, olfaction, taste, touch, and possibly affecting the sixth sense. These phenomena are associated with common effects for music therapy and reminiscence therapy. Currently obtained results suggest that the power of music would relax, sooth and heal the heart and make it peaceful.



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**Figure 1:** Music therapy session in day service center of Komatsushima hospital, Komatsushima city, Japan.



**Figure 2:** Music therapy session in hospice department of Tokushima municipal hospital, Tokushima city, Japan.