

RESEARCH IN MUSIC THERAPY – ACCOMPANYING THE COURSE OF LIFE

Dra. Melissa Mercadal-Brotons

Abstract: The benefits of music therapy for older people are well documented in the literature. Music therapy has been shown to help older people, with a variety of problems, by promoting social interaction, encouraging a sense of self, giving the older person the opportunity to reminisce, aiding relaxation, encouraging the expression of feelings, enhancing exploratory and creative abilities and contributing to their quality of life. This presentation will show the results of a project that involved the training of professional caregivers in the use of music for the daily care of people with dementia. It will reflect on the role of the music therapist in giving and teaching music resources to other health professionals to use in their caregiving.

