



The Music Effect: Music Physiology and Clinical Applications

By Daniel J. Schneck, Dorita S. Berger

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Music is well known to have a significant effect on physiology and is widely used as an effective therapeutic tool in stress and pain management, rehabilitation, and behavior modification, but its effects are not well understood.

This book explains what 'music' is, how it is processed by and affects the body, and how it can be applied in a range of physiological and psychological conditions. Rhythm, melody, timbre, harmony, dynamics, and form, and their effects on the body are explored in detail, helping practitioners create effective therapy interventions that complement other treatment systems. Case studies and evidence from research and practice show how music therapy can benefit people with autistic spectrum disorders, Down syndrome, schizophrenia, and sensory difficulties, among other conditions.

The Music Effect is an essential resource for music therapists, clinicians, educators and anyone with an interest in holistic therapy.

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- Rank: #333746 in Books
- Brand: Brand: Jessica Kingsley
- Published on: 2006-01-15
- Released on: 2005-12-15
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .62" w x 6.00" l, .92 pounds
- Binding: Paperback
- 272 pages

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Editorial Review

Review

'The Music Effect gives indispensable knowledge to clinicians on music physiology. The book offers through and scientific explanations on the effect of music on physiology and relates these to clinical music therapy work. This makes it an essential and very important resource for music therapy students and educators, as well as clinicians and anyone with an interest in music and physiology.' - *Nordic Journal of Music Therapy*
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'The book includes comprehensive reference, author and subject indices, and the layout is admirable: fully referenced, interspersed with lists, diagrams, tables and cartoons, all of which hold the reader's interest. Schneck and Berger are passionate about music's intensely profound and penetrating effect on human behaviour, together with its use in stress and pain management, and I hope that colleagues will, like me, be motivated to explore The music effect further.' - *Counselling Children and Young People*
'Quite a lot has been published on the psychological effects of music, but like me, have you yearned to know what changes are taking place in the body and in the brain in response to music? Something you can get your teeth into? If so, this may be the book for you. It is an interesting book, and one which makes great efforts to explain complicated matters in a simple way.' - *Positive Health Magazine*
'The Music Effect is useful as a reference for those hypnosis professionals, who may be interested in incorporating music in their clinical work, or who want to learn more about how the effects of music can be utilized therapeutically. All in all, this is a fascinating book that covers an array of phenomena. It is well written and thoroughly referenced.' - *American Journal of Clinical Hypnosis*

Music is well known to have a significant effect on physiology and is widely used as an effective therapeutic tool in stress and pain management, rehabilitation, and behavior modification, but its effects are not well understood. This book explains what 'music' is, how it is processed by and affects the body, and how it can be applied in a range of physiological and psychological conditions. Rhythm, melody, timbre, harmony, dynamics, and form, and their effects on the body are explored in detail, helping practitioners create effective therapy interventions that complement other treatment systems. Case studies and evidence from research and practice show how music therapy can benefit people with autistic spectrum disorders, Down syndrome, schizophrenia, and sensory difficulties, among other conditions. The Music Effect is an essential resource for music therapists, clinicians, educators and anyone with an interest in holistic therapy.

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The book includes comprehensive reference, author and subject indices, and the layout is admirable: fully

referenced, interspersed with lists, diagrams, tables and cartoons, all of which hold the reader's interest. Schneck and Berger are passionate about music's intensely profound and penetrating effect on human behaviour, together with its use in stress and pain management, and I hope that colleagues will, like me, be motivated to explore The music effect further. (Counselling Children and Young People)

Quite a lot has been published on the psychological effects of music, but like me, have you yearned to know what changes are taking place in the body and in the brain in response to music? Something you can get your teeth into? If so, this may be the book for you. It is an interesting book, and one which makes great efforts to explain complicated matters in a simple way. (Positive Health Magazine)

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About the Author

Daniel J. Schneck is a Fellow of the American Institute for Medical and Biological Engineering and the Biomedical Engineering Society. He has published widely (including 18 books) and is an international consultant on basic physiological function and the role of music in human adaptation. He is also an accomplished violinist and continues to perform professionally. Dorita S. Berger is a concert pianist, an educator and a Board Certified music therapist. She is an international lecturer and consultant on music in human adaptation and its application in music therapy. Dorita runs a music therapy clinic in Norwalk, Connecticut, working with people with pervasive developmental disorders, autism, language learning delays, sensory issues and anxiety disorders. Her books include Music Therapy, Sensory Integration and the Autistic Child, also published by Jessica Kingsley Publishers.

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