

# Guidance and Counselling About 'Music with Its Therapeutic Modalities' New

## Abstract

As we know that counselling is the activity of the counsellor or a professional who counsels people, especially on personal problems and difficulties. As I belonged to music subject, so I want to touch the topic "Guidance and counselling with the involvement of therapeutic modalities with music and its impact on nature and human beings with following art therapists like as dance, drama, singing, acting etc.

**Keywords:** Sound and Music Therapies.

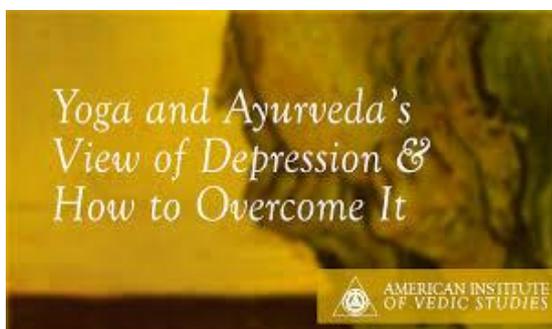
## Introduction

Art therapy is a creative method of expression that is used as a therapeutic



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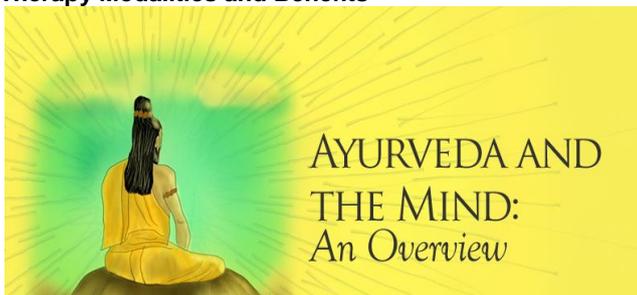


Sound and Music therapies involve a variety of therapeutic modalities intended to release you from emotional blockages and or relieve physical, emotional or spiritual problems using sound and music. There are a variety of holistic therapies and treatments related to sound and music, tones / vibrational frequencies and energy.

## Main Findings

Generally music therapy uses music for emotional and psychological release (i.e. listening to music and access emotional challenges, as well as using music to help with variety of physical conditions from pain to Alzheimer's disease), while sound therapy is the use of distinct tones to affect changes on the health of the person it is being done for.

## Music Therapy Modalities and Benefits



At a time when people increasingly turn to holistic methods of healing, music therapy has developed into a powerful and nonthreatening medium that can be used successfully with individuals of all ages and disabilities. Music has been used in healing practices throughout history, with many examples of the healing power of music in the historical records of different cultures.

## Review of Literature

Music therapy is an established health profession that has demonstrated effectiveness in addressing the physical, emotional, cognitive and social needs of individuals. (Indian art and culture by Nitin Singhania). After addressing the needs, strengths, and personal preferences

of a client, the qualified music therapist provides the appropriate treatment modality. (www.artscouncil.org.uk) Religious music of India.

### Sound Therapy

Sound therapy is used differently by different practitioners and depending on the person using the phrase, it may tones to affect changes on the auditory health of the person it is being done for i.e. assisting with conditions like hearing loss or it may be meant to speak to using sound and energetic frequencies to relieve physical, emotional or spiritual distress.

Because there are not commonly agreed upon definitions, different people can mean different things when they use the same words. Some people will see, sound therapy as tied to the body's energetic patterns, other will describe it as tied to a physical or emotional response to sounds /tonal patterns. Still others use to describe auditory treatments commonly used by audiologists, including ones that use sound to treat hearing problems such as tinnitus, hearing loss etc.

### Music Therapy

It is an expressive therapy in which trained music therapists use music for a variety of purposes which may include physical, cognitive, motor skills, emotional or affective development, behavioural and social skills and improving quality of life. Treatments use music experiences (from improvisation to singing to writing music to listening to music to moving to music) to achieve the treatment goals and objectives.

Common uses of music therapy include development work with individuals with special needs, use of music with the elderly to improve / stimulate memory and psychological well being, rhythmic entertainment for physical rehabilitation in stroke victims, working with adolescents with mood disorders and or with children.

The standard classroom most teachers strive to provide unique ways to stimulate the minds and sounds of their students, but it can be difficult to keep things like that up there days, with most educators bogged down by paperwork and standardized testing preparation.

Music of Post-Vedic Period:--The music that was developed in the later period of ancient Vedic music culture was known as the music of Post-Vedic period. In this period, Vedic literature

### Therapeutic Value of Indian Classical Dances

Indian classical dances and their ancient history indicate that from the very beginnings those dances are aimed at the betterment of health of dances. In many cases they are compared with yoga as a form of physical and mental exercise. Indian classical dance styles are categorized into major seven kinds :- Kathak, Bharatnatyam, Manipuri, Kathakali, Odissi, Kuchipudi, Mohiniattam, All Indian classical dances are to varying degrees rooted in the Natyashastra and therefore share common features :

For example, the mudras some body positions and the inclusion of dramatic or expressive acting or athenaya.

Indian classical dances are dances of mind and soul and are extremely traditional. Some organisations and Institutes are being involved to do some work for betterment of life by dance therapy.

We have different dance forms e.g.

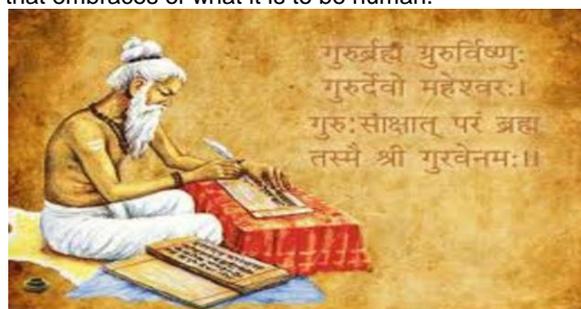
Conclusion – (At last, we can believe that music and dance therapies are beneficial for the improvement of cognitive, behavioural and physical conditions)

### Kathakali Dance

It is one of the major forms of classical Indian dance. It has now become the icon of the state of Kerala. This dance represents the culture and tradition of Kerala.

The early attempt by the tourism sector in the state 'Kerala' to preserve Ayurveda and use Ayurveda as a tool to promote tourism.

Kathakali brought humanity to express emotional that go beyond words. The temple rituals, first performed in secret, evolved into a vibrant drama that embraces of what it is to be human.



### Conclusion

In short, Now I conclude that Music therapy provides the following health benefits:

1. Reduces anxiety and stress
2. Promotes Wellness
3. Improves communication
4. Supports the nonpharmacological management of pain
5. Support positive changes in mood and emotional states.
6. Allows the active and positive participation of the client in treatment.
7. Enhances awareness of self and environment.
8. Enhances the development of coping and relaxation skills.
9. Improves emotional intimacy with families and caregivers.
10. Increases relaxation for the entire family.
11. Enhances memory
12. Promotes physical rehabilitation and movements.

### References

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