

MUSIC AS A TOOL FOR REHABILITATION

Music therapy is the use of music centred experiences as agents for change .Music is used as a tool for self-expression and processing life experiences .the study intends to find out on how one can choose music for a specific behaviour change and how often the client can listen to the music and how the music can be played to the client. This study comprises of musical compositions and a critical commentary. Using a “practice as research” methodology, the musical works explore the question of how different music genres can influence the change in behaviour. Therefore, the interaction between music and behaviour is a worthy object of study, especially in regard to how music can influence behaviour change .The theoretical arguments presented in this study will serve to contextualize the creative work in music . It would help identify the major the best ways music can be used to solve psychological problems .

Keywords

Music, rehabilitation, music therapy, critical commentary

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