

## 音楽療法って？

### What is Music Therapy?

The Japanese Music Therapy Association defines Music Therapy as 'Intentionally and systematically using the physiological, psychological and social effects of music to facilitate aims such as mental and physical rehabilitation, maintaining and improving functionality, improving quality of life and enabling a positive change in behaviour.'

At Kokoro Talk Music, we don't aim to regulate a person's emotions, but rather use every element of music and sound to carefully unravel the complex thoughts and feelings held within.

Whilst primarily searching for music and sounds that can allow a person who is usually keenly aware of their impairment to feel it no more, a new way to socialize can be discovered.

Music therapy is not a method to learn the skills and techniques of music; it is a method of employing music to change the mind and body's condition for the better.

#### **- Communication is not done through words alone -**

Music therapy allows us to search for the music and sounds we enjoy and therefore express what is in our hearts, our thoughts and our emotions which we are unable to explain through words.

At Kokoro Talk Music, we want to create an environment where sound and music can be enjoyed. We do this by selecting music which our client seems enjoy and which seems to alleviate their symptoms.

Let us support you through your favourite music, 'My Song'; let us share a multitude of beaming smiles, dispel loneliness and aim towards social inclusion together.

With music as our companion by our side, why not try taking a step forward with us?

(3 hours)