

# Our Message

**At music therapy, we want to support mother(the parents?). Through music, we want to make everyone smile.**

From these aims, Kokoro Talk Music was born.

I ran into many walls myself whilst raising my child. When searching for a way to enable communication with my son, I found music therapy. Suddenly there was light for us.

This method can be of such a help to those who find it difficult to express their thoughts in words.(!) It can help draw out self-expression(!). It can give support to mothers who have become lost and don't know what to do. Therefore, I decided to make music therapy my life's work.

We want to 'support Mother' through our music therapy sessions. Expectant mothers, child rearing mothers, mothers working hard to prevent **cognitive impairment/dementia?**(認知症予防), the mother who has become unable to understand their own child. Through music therapy, we want to encourage all mothers to find a zest for life and courage in raising their child. We welcome mothers who feel any anxiety to please come, meet and talk with us.

We want to offer our help to improve your situation, to help make a change for the better.

## Profile

NPO Kokoro Talk Music  
Representative Director: Miyuki Nakai

1986 Graduated from Kunitachi College of Music. Early Childhood Music Education Major.

Former member of "Izumitaku family" chorus group.  
Acquired Kindergarten Teacher Regular Licence (Type 1)  
Completed Level 2 Home Helper course

1998 Certified Music Therapist (no. 217) as recognized by The Japanese Music Therapy Association. Renewed in 2003, 2008 and 2013.

After graduating from university, Miyuki engaged in television, radio, musical and advertisement work related to the theme of 'expression through communication'. She also participated in events and the production of infant teaching materials on this theme.

She began her activities as a music therapist after encountering music therapy whilst raising her own child. Since then, Miyuki has offered treatment through music therapy to a total of 2000 people, mostly children and within the field of psychiatry.

In December 2015, MTN Kokoro Talk Music, presided over by MTN Setagaya Music Studio, became a NPO Incorporation.

Music therapy is tremendously trusted by children and mothers as a method to alleviate emotional burdens; a treatment which can lead to simply cutting internal worries and issues

away. Mood makers that energize the surroundings, bright characters and smiles from the heart are used to support people within an extensive age range.

Presented paper: *Platform for Music Therapy as a Treatment Structure* (co-authored). Music Therapy Study 3:107-115, 1998

Author: *Mother and Child: Dialogue in Music Collection "Play for you"* Kokoro Talk Music Room. Complete 2 Volumes published by Zen-On Music Company 2003

Co-author: *Chapter 5: The recommendation of music therapy: Music Therapy for Children with Autism* 74-105, Minerva Shobo 2006

(3.5 hours)