

Music as Therapy

Created by Dr. Arthur W. Harvey

Music is...

Sound	Rhythm	Melody	Harmony	Form
Soft-Loud	Tempo	Pitch	Chords	Patterns
Low-High	Accent	Direction	Primary	Motifs
Short-Long	Meter	Tonal-Diatonic	Secondary	Phrases
Slow-Fast	Duration	Chromatic	Tonality	Cadences
Single-Many	Subdivision	Range	Major-Minor	Sections

Experienced Through...

Moving Singing LISTENING Playing Creating

Active and Passive for...

Mood Thinking States Masking Distractions Reducing Stress

By Impacting...

Cognition Perception Senses Emotions Body

Through Its Influence on the “Systems” of the Body

CNS Limbic ANS PNS Endocrine
Immune Cardio-Vascular Gastro-Intestinal
Skeletal-Muscular Respiratory