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Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books)

Paul Catalani

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? Art Therapy

Now only 2.99$ -> Original Price 4.99$ -> Limited Time Offer!
Read On Your Computer, MAC, Smartphone, Kindle Reader, iPad, or Tablet.

Inside you will learn about...

- Music Therapy
- Dance Therapy
- Drawing Therapy
- Coloring
- Neuroscience and Art Therapy

And much more!

Who can benefit from Art Therapy?

The best thing about Art Therapy is that it doesn’t ask for you to have the mad skills of Leonardo da Vinci or Picasso to be admitted and reap its benefits. Also, it doesn’t have age limits. So it’s basically meant for me, you, him, her - everyone!

Famous Quotes

One good thing about music, when it hits you, you feel no pain.
-Bob Marley

Music expresses that which cannot be said and on which it is impossible to be silent.
- Victor Hugo

The purpose of art is washing the dust of daily life off our souls.
-Pablo Picasso

I found I could say things with color and shapes that I couldn't say any other way - things I had no words for.
-Georgia O'Keeffe

Dance is the hidden language of the soul of the body.
-Martha Graham

To dance is to be out of yourself. Larger, more beautiful, more powerful. This is power, it is glory on earth and it is yours for the taking.
-Agnes de Mille

To gain your own voice, you have to forget about having it heard.
-Allen Ginsberg, WD

If I don't write to empty my mind, I go mad.
-Lord Byron

? Music Therapy

Music can undoubtedly elevate our spirit, induce an extraordinary reverie, and even compel a move or two. But wouldn’t it be a surprise to learn that music can actually be applied therapeutically to treat cognitive, sensory and motor dysfunctions?
A wealth of research has shown that music can be applied as a form of therapy to retrain and re-educate the injured brain. It is currently being applied in the treatment of traumatic brain injury, Alzheimer's disease, Huntington's disease, cerebral palsy, Parkinson's disease, stroke, autism, aphasia and much besides.
Music is also an effective approach in dealing with children, depression, anxiety, childbirth and the rehabilitation of speech and language.

Inside you will learn...

✓ What do Music Therapy Sessions look like?
✓ Neuroscience and Music Therapy
✓ Benefits of Music Therapy in the Treatment of Depression
✓ Music Therapy as a Medicine
✓ Children and Music Therapy
✓ **And much more!**

This eBook discusses every facet of music therapy: who can benefit from it; what the therapy sessions look like; its application as medicine; its relationship with neuroscience and much more. The book also dilates the various techniques employed in Neurological Music Therapy (NMT) ranging from Rhythmic Auditory Stimulation (RAS) to Melodic Intonation Therapy (MIT).

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