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The influence of music with children at risk in a hospital context: Music Therapy program at the hospital La Paz from Madrid (Spain)

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Music is a very important element that connects quickly the child with the environment and with emotions. In our experience at the Hospital "La Paz" from Madrid since more than a decade, we have found that music applied therapeutically provides information to the medical and nursing staff about who are the patient, relative to their emotional state, level of pain anxiety, and their mental and psychological problems, such as has been seen in the different units which are held music therapy sessions in this hospital. Music therapy sessions are performed with live music, where the child participates in an active way, playing the instrument and/or singing. The music therapist helps the child to carry out a coherent musical performance with an emotional meaning for him. The music therapist organizes an artistic space for the children where it is easy to have a beautiful experience with music. Musical Improvisations of familiar children songs or proposed by the music therapist changes immediately the environment. In words of Wallon (1951/1985) it will have a direct impact on the biology of hospitalized children. Having a musical experience, (active musical experience) allows immediate release of endorphins and improves physical and mental patient responses. Therefore, we should take into account the importance of these active musical experiences in recovering and preventing the development of hospitalized children.

Biography

María Jesús del Olmo is a Music Superior Professor in Pedagogy (Madrid Royal Conservatory). Music Therapist formed at the Center for Music Therapy ResearchMI-CIM (Bilbao). Ateller de Musicotherapie de Bordeaux A.M.Bx. Founding member of the program RBL (rhythm, breathing and lullabies) Albert Einstein College of Medicine. The Louis Armstrong Center for Music & Medicine. Beth Israel Hospital NY. Professor of the Music Department at the Autonomous University of Madrid.; Director of the Music Therapy master Degree at the Autonomous University of Madrid. Collaborates with different training programs in several Spanish and foreign universities. Music of the Therapy Program at the Hospital La Paz in Madrid. Patronato President of Music Therapy and Health Foundation.

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