

## Music Therapy as Education of Emotional States

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**Annotation:** The article reveals the importance of music therapy in overcoming various negative emotional states. Formation of the ability to differentiate and adequately interpret one's own emotional states, the ability to empathize, the ability to reflect one's emotional state by motor-expressive means, interest in aesthetic activity.

**Keywords:** stress, anxiety, music, music therapy, psychotherapy, catharsis, abreaction, somatic, hyper excitability

“If the body is at one with the soul, how can they disperse?” (Taoist wisdom)

Throughout his life, a person experiences stress, danger, anxiety. During the period of crisis exacerbations in the development of society, an increase in emotional tension is observed not only for adults, but also for children and adolescents. The consequence of this is a variety of neuroses, emotional deviations. In the past, mankind, having no modern pharmacological means to resist them, nevertheless coped with the task of getting rid of stress and anxiety. The therapeutic effect of music on the human body has long been known. In ancient Greece, India, music was of great importance in the treatment of many diseases. The works of doctors of the 18th-19th centuries are known, in which they recommended the use of music in the treatment of somatic and mental disorders. Prominent psychotherapists of the world successfully use music therapy as an independent type of treatment, which has acquired an official status. And in 2000, the I International Congress "Music Therapy and Restorative Medicine in the 21st Century" was held in Moscow under the leadership of Academician S. V. Shushardzhan.

Music is a reflection of the worldview, the worldview of the nation, based on psychological experience. Music affects a person not only directly at the moment of listening, but also when remembering what he heard - through emotional and sound memory. The study of the emotional significance of individual elements of music (rhythm, tonality) showed their ability to evoke certain emotional states of a person. One of the functions of music is the realization of a person's need to establish harmony with the outside world and with himself, which determine the "anti-entropic" nature. The concepts of entropy and non-entropy are used to characterize the measure of uncertainty in information processes, the level of chaos or order in the processes of self-regulation of living systems. This concept denotes the measure of accumulation of unnecessary substances and energy, the measure of energy degradation or the chaotic nature of information.

In what ways is modern music therapy moving from the point of view of clinical psychology and psychotherapy? These are two paths: the destructive path of low music therapy, where the main instrument of influencing the human psyche is identified with the action of the “musical drug needle” and the path of high music therapy, leading to the creation of a harmonized, spiritual person. High music therapy is a creative, constructive system for the formation of informational, emotional, intellectual, moral needs.

The task of music in psychotherapy is to help a person in creating his own living space, in building a personal home of the Soul, to gain new experience, incl. experience of experiences. In this regard,

the goal of music psychotherapy is the healing of the Soul. The goals, ways and means of psychotherapy and musical art are very close and coincide to a greater extent.

There are 4 main directions of the therapeutic effect of music therapy emotional activation during the selected psychotherapy; development of interpersonal communication skills (communicative function); regulatory influence on psycho-vegetative processes; increasing aesthetic needs. Through music, the transformation of emotional experiences into sensory-cognitive processes is realized. According to L. S. Vygotsky, "art systematizes a very special sphere of the psyche of a social person - namely, the sphere of his feelings."

In the process of music therapy, selected according to the homeopathic principle - the principle of similarity, "consonance" with the state of the patient's Soul - catharsis occurs - "purification", abreaction - reaction, reduction of affective tension and a feeling of relief. It can be said that music that has access to the heart, Soul (soulful, heart music), embraces us like a mother, opens the gates to the Temple of our Human heart. Thus, music has an anti-stress, "anti-entropic" property, forms an increased social activity through a constructive confrontation with life problems, generally improving the quality of human life.

The problem of stress is very relevant in modern society. These are military conflicts, domestic excesses related to issues of family upbringing, marital disharmony, etc. The World Psychiatric Association has long shown interest in this problem. It has a Section on Anxiety and Obsessive-Compulsive Disorders, headed by Joseph Zohar, which deals with post-traumatic stress disorders. In the current concept, post-traumatic stress disorder is a chronic mental disorder caused by a psychological distressing event that occurs outside the realm of normal human experience. It affects approximately 8% of the general population; women are 2 times more likely to suffer from post-traumatic stress disorders than men. Its symptoms are combined into three main groups: re-experiencing memories (reminiscences) in the form of obsessive memories, dreams or nightmares; symptoms of avoidance, "numbness"; hyper excitability symptoms.

Music is used taking into account the needs, musical tastes and state of mind of the patient: the voices of nature (environmental music); melodic instrumental-electronic music; classical works; meditative music based on the traditions of ancient Chinese medicine, etc.

The structure of music therapy is as follows:

1. Listening to the selected music. Acquaintance. W. A. Mozart "Little Night Serenade", L. Beethoven "Moonlight Sonata", Polka.
2. Identification of associations that music causes: a) situations associated with the memory of time and place, b) personalities. Assessment of the internal state. C. Debussy "Moonlight on the Terrace", Potpourri. Songs "Smile", "Good Road".
3. Emotional experiences that trigger memories. W. A. Mozart, the finale of the "Little Night Serenade"; J. Bizet, Youth Symphony (finale); dance music from operettas by R. Strauss, I. Kalman, F. Lehár. The song "Fly, pigeons!" I. Dunayevsky.
4. The final "study" of emotions in a conversation with a psychotherapist. Y. Shatunov "Childhood", L. Beethoven "To Elise", the song "Moscow Nights", "The Road of Kindness".

Such a treatment tactic allows the patient to react on an unconscious level and become aware of the resistance or feelings that have arisen in the soul as a result. Such a psycho catharsis - "purification" - is a good therapeutic factor influencing the phenomenon of "flashback" in patients, which manifests itself in the fact that a person is instantly transferred to a psycho traumatic situation and experiences it again and again, tries to avoid activities or situations that symbolize

psycho trauma. Musical cathartic therapy really brings relief to the patient. At the same time, a group of clinical parameters of the action of music therapy was identified:

1. Anxiolytic effect, sedative effect (on anxiety, irritability, affective lability).
2. Thymoanaleptic effect, influence on mental activity (increased exhaustion, apathy, psychomotor retardation, diurnal mood swings).
3. Hypnotic effect (on the disorder of falling asleep, violation of the depth and duration of night sleep).
4. Vegetotropic effect (on sweating, tachycardia, lability of vasomotors).
5. Increasing social activity, adaptability of the patient.

Thus, music and psychotherapy, used as a complex step-by-step treatment of people suffering from post-traumatic stress disorders, the fusion of words and music of a certain direction helps to enhance the beneficial psychotherapeutic effect on mood, and therefore on a person's well-being, improve the quality of his health. Each lesson consists of four parts and necessarily includes elements of music therapy, psycho-gymnastics, vocal therapy, game exercises, which serve as an auxiliary means of establishing contact between the psychologist and the group and are a means of facilitating emotional response in the process of corrective work. Receptive music therapy involves the perception of music with a corrective purpose. In complex corrective actions, music therapy can be used in various forms. The classes use one of three forms of receptive psycho correction: communicative - listening to music together, aimed at maintaining mutual contacts, mutual understanding and trust; reactive, aimed at achieving catharsis; regulatory, contributing to the reduction of neuropsychic stress. The program of musical works is built on the basis of a gradual change in mood, dynamics and tempo, taking into account their different emotional load. Singing is an important method of active music therapy. The advantage of this method lies in the combination of attention to one's bodily sphere with group orientation. Songs are used, preferably optimistic, cheerful in nature, but also those that encourage reflection and deep feelings. The repertoire used for singing includes three sections: folk songs, themes from classical works, songs of domestic and foreign composers.

If we imagine that neurosis is a monologue of human consciousness, then attracting music from the outside returns a person to his internal dialogue. And this is the path to recovery, since dialogue is the basis of correct thinking, healthy thinking that leads to recovery. People's mastering of ways of expressing their individuality in performing activities should take place in the process of accumulation and "living" by them of various emotional states, the constant "training" of which gives a new quality - their development as a creative cultural and spiritual personality.

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