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## How music therapy affects the emotional and physiological responses of hospitalized pediatric patients: Project of the music therapy and health foundation

**Maria Jesus del Olmo Barros and Alicia Lorenzo**  
Autonomous University of Madrid, Spain

The present study aims at observing and analyzing the music of the enabling element of communication, as an organizing, change and transformation in pediatric patients, carried out in the Pediatric I plant of the University Hospital La Paz, Madrid. This project aims to direct care and research in the field of music and health. Likewise, we will try to analyze how the communication occurs, what are the elements that generate such changes in the patient and how to use them, always adapting them to the motor's potential, their physiology, their emotions, their cultural context and the time and place of therapy, whose specific therapeutic objectives are determined by the hospital's health team, families and by the therapist's own observation, so that it can be maintained, improve and/or restore the patient's quality of life. It is a situation created so that it can be expressed with freedom and confidence, without judgment, where he/she is the protagonist of its recovery and supported and guided by the therapist for such purpose. Although the study carried out with a very small sample of patients (10), it can be concluded that music therapy favors the wellbeing of patients, with changes in their constants and in some psychological responses, especially in the smile, continuing in this state at least until half an hour after the sessions.

### Biography

Maria Jesus del Olmo Barros was graduated in Musical Pedagogy, Madrid Royal Conservatory, Spain. She has received degree as Music Therapist from Center for Music Therapy Research. She is a Member of the Atelier de Musicotherapie de Bordeaux, France and the President of the patronage of Music Therapy Foundation and Health. She is a Professor in the Music Department and Director of the Music Therapy Master Degree at Universidad Autonoma, Spain. She is also the Director of the Music Therapy Program at La Paz Hospital, Madrid and Chairperson of the Music Therapy and Health Foundation, Spain.

mjesus.delolmo@uam.es

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