



# The Music Effect: Music Physiology and Clinical Applications

*Daniel J. Schneck, Dorita S. Berger*

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Music is well known to have a significant effect on physiology and is widely used as an effective therapeutic tool in stress and pain management, rehabilitation, and behavior modification, but its effects are not well understood. This book explains what "music" is, how it is processed by and affects the body, and how it can be applied in a range of physiological and psychological conditions. Rhythm, melody, timbre, harmony, dynamics, and form, and their effects on the body are explored in detail, helping practitioners create effective therapy interventions that complement other treatment systems. Case studies and evidence from research and practice show how music therapy can benefit people with autistic spectrum disorders, Down syndrome, schizophrenia, and sensory difficulties, among other conditions. "The Music Effect" is an essential resource for music therapists, clinicians, educators and anyone with an interest in holistic therapy.

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