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Titolo	Music and Public Health : A Nordic Perspective / / edited by Lars Ole Bonde, Töres Theorell
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ISBN	3-319-76240-0
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Descrizione fisica	1 online resource (243 pages)
Disciplina	615.85154
Soggetti	Health promotion Epidemiology Music Health Promotion and Disease Prevention
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Nota di contenuto	A Danish Music and Public Health Study: Some conclusions and consequences for preventive projects -- Musicality and creativity: The role of musical abilities as predictors -- HUNT data on music and health revisited -- Music as a forum for social-emotional health -- Health musicking and prophylaxis -- Humanizing a working environment with cultural and musical activities -- new approach to promoting health and quality of life in local contexts -- Choral singing for a better life -- Group music therapy for first-time mothers and their infants at local community health care centres -- Music as integral part of 'Culture by prescription'.
Sommario/riassunto	From the Nordic countries (Denmark, Norway, Sweden and Finland) comes an exciting source of theoretical approaches, epidemiological findings, and real-life examples regarding the therapeutic and health-enhancing effects of music. Experts across fields including psychology, neurology, music therapy, medicine, and public health review research on the benefits of music in relieving physiological, psychological, and socioemotional dysfunction. Chapters link musical experiences (listening and performing, as well as involvement in movement, dance, and theatre) to a wide range of clinical and non-clinical objectives such as preventing isolation, regulating mood, reducing stress and its

symptoms, and treating dementia. And the book's section on innovative music-based interventions illustrates opportunities for incorporating musical activities into public health programs. Among the topics covered are: · Associations between the use of music, cultural participation and health-related outcomes in adult Scandinavian populations · Music practice and emotion handling · How music translates itself biologically in the body · Music as a forum for social-emotional health · Participation and partnership as core concepts in music and public health · Music therapy as health promotion for mothers and children at a public health clinic Music and Public Health will gain interested readers among researchers, teachers, students, and clinicians in the fields of music education and therapy, as well as researchers and students of public health who are interested in the influence of culture and the arts. The book also will be relevant to administrators in public health services.
