

Music and Your Body

How Music Affects Us and How To Use Music Effectively

You use music everyday in your life and often don't even think about it. Did you ever wonder why a certain song makes you feel that way, why the dentist office plays that particular music, or how you can remember the lyrics to a song, but forget where you put your keys? During this workshop, we will explore how music affects our minds and bodies. We will discuss ways that we use music in our lives, exploring parts of the brain affected when having musical experiences, and how we can use music more effectively, both for yourself and for others you care for. Research demonstrates that music is an effective tool in helping a person to become healthier and maintain better health. This workshop will help you to use music as that effective tool.

This workshop will explore topics such as:

- How we react to music
- The physiological, emotional and cognitive effects of music on our bodies
- Music and the Brain
- Relaxation and stress management
- Music Therapy: What is it and how is it used?
- Leading research supporting the effective use of music



Participants should be prepared to be active during this workshop as you will be given the opportunity to experience many of the topics discussed.

PRESENTER

Andrea Moran, MT-BC, is a board certified music therapist with 10 + years of experience. She has worked as a music therapist at two inpatient psychiatric hospitals and for the Virginia School for the Deaf and Blind, with her current role as Lead Music Therapist and Psychosocial Rehabilitation Supervisor at Piedmont Geriatric Hospital. The focus of most of her career has been with the geriatric population. She is an accomplished musician, proficient on over 10 instruments.

DATE: Thursday, September 6, 2012

TIME: 9:30AM – 3:00 PM (30 min. lunch)

PLACE: Piedmont Geriatric Hospital,
Burkeville, VA

COST: \$25.00 per person, including lunch, or
\$42.00 with optional CEUs.

CEUs: 0.5 CEUs from John Tyler
Community College are requested.
CEUs are optional for a processing fee
of \$17.00 per person. PGI will issue a
Certificate of Completion for five (5)
contact hours if you elect not to
receive CEUs.

ENROLLMENT

Workshops fill up fast, so please enroll soon, but not later than the **August 30** deadline. Refunds can be made only if we receive your cancellation five (5) days before the workshop date. Send registration form and check (payable to PGI) to:



Piedmont Geriatric Institute
P. O. Box 427
Burkeville, VA 23922-0427

Contact us at 434-767-4521, Fax 434-767-4947, or email christy.ballou@dbhds.virginia.gov. Visit us at <http://www.pgh.dbhds.virginia.gov/PGIWeb/pgihome.htm> for upcoming events.



REGISTRATION FORM: Music and Your Body



Name(s): _____

Position(s): _____

Organization: _____

Address: _____

City, Zip: _____

Telephone: _____ Email: _____

CEUs Yes No Check Enclosed \$ _____ Payment will follow _____