



Is Music the New Medicine Without Side Effects?

Thursday 6th October 2016

9:00 – 11:15 (Break: 10:00 – 10:15)

Presenters

- Professor Jan Larsen, DTU Compute, Technical University of Denmark – specialized in audio and music information processing.
- Assistant Professor Line Gebauer Josefsen, Center for Music in the Brain, Aarhus University – specialized in cognitive neuropsychology and how music influence the brain and body.

At this event the audience will have a chance to get a first impression of the possibilities in the realm of music intervention, and will also be engaged in discussing the technological possibilities for innovative medicine without side effects.

Homo sapiens have been using music for tens of millennia. The Greek philosopher Plato believed that music could be used primarily as a way to express aggression, to persuade, to defend, and to create social coherence and harmony. When we listen to music today, it is mainly the pleasure aspect that is in focus. However, music can do much more than just put you in a good mood: music affects the whole brain and physiology, which enables potential positive health benefits. The question is whether detailed insight into how music affects the brain and body, together with new technological solutions, can relieve widespread diseases like stress, chronic pain, and sleep disorders.

The health care sector has a strong focus on how our environment contributes to our wellbeing and rehabilitation. Scientific research of the last decade has shown that music interventions, i.e., intentional use of music to affect patients, is an effective treatment for both somatic and physiological disorders.

Music cannot replace good medical treatment, but may contribute as a supplement that increases the treatment effect and enables individualization. Moreover, music is usually pleasurable, without side effects, easy to deploy, and enables adaptation to individual preferences.

Despite the fact that the effect of music on the brain and body is well-researched, and further that numerous technological music platforms exist, commercial music intervention solutions are often based on anecdotal knowledge and not on scientifically backed up evidence.

11:15 – 12:00

Network and snacks in the Exhibition Area – come and join us and talk to businesses who work with sound and healthcare.