

Special Public Lecture “Becoming Healthy through Music, Engagement, and Movement”

July 7 (Fri) at 1:30 pm - 3:00 pm Main Convention Hall

(This seminar will be presented in Japanese. It will not be translated into English.)

Introduction: Amy Clements-Cortes

Speaker: Reiko Yukawa

Music Therapy Presenters: Shizue Fujimoto, Chieko Noda, Eriko Ide, and others

This lecture will provide an introduction to music therapy for the general public, and will include a demonstration of its effectiveness. The speaker is Reiko Yukawa, a member of the JMTA board of directors, lyricist, and music critic. She is a well-known radio disc jockey, noted for her charm and easy to understand commentaries on music. She is an active supporter of music therapy and has given many lectures and written many articles about music therapy to promote the discipline. Her lectures explain the effects of music therapy to general public.

Shizue Fujimoto, Chieko Noda, and Eriko Ide will demonstrate music therapy activities for the audience. They are members of the “Music Therapy Community Plan” of Setagaya ward in Tokyo, a community music therapy project conceived by the Japanese Music Therapy Association. They will lead typical music therapy activities based on their clinical work, which promote and maintain mental and physical health through participation in enjoyable music activities.