



Color therapy is a form of therapy that uses colors and their frequencies to heal physical and emotional problems. Color therapy is also known as chromotherapy, Chromopathy or color healing. The main target of color therapy is to correct physiological and psychological imbalances.

What is color therapy used for?

- ✦ If a person is stressed, color therapy can help soothe the individual so that they can regain their psychological balance. For example, purple and blue lights are anti-inflammatory and calming.
- ✦ If a person is depressed, color therapy can be used to invigorate him/her and give them increased energy. Red light is invigorating, but it may cause agitation if you are already tense.

Also, there are coloring books available comprising of mandala's or abstract shapes which one can color and regain some focus or relax.

Color therapy has been around at least since the time of Ancient Egypt and China. Egyptians believed in the power of light and used various

THE PSYCHOLOGY BEHIND COLORS

colors of light to promote healing. Color therapy has continued to be important in many cultures. In Western societies that tend to prefer modern and institutionalized medicine, natural healers have continued to use colors to help people improve their physical and emotional health. Color therapy is based on the idea that colors create electrical impulses in the brain that stimulate hormonal and biochemical processes in the body. These processes either calm or stimulate us. Western medicine does not accept color therapy as scientific. Western researchers are studying the scientific properties of colored light and the light frequencies within it. Color therapy hasn't 'earned' a place in Western medicine yet, but there's a strong possibility that it might when all the research results come in.

However, advocates assert that people respond positively to the treatment. Cornell Medical Center has studied the viability of using color therapy for treating lung cancer. Researchers used an endoscope used to examine the lungs of patients, and their findings revealed that different colored light filters affected the cells in various ways. However, this research is still in the experimental phase.

In Indian philosophy, Chakras are considered the centers of spiritual power and energies. There are



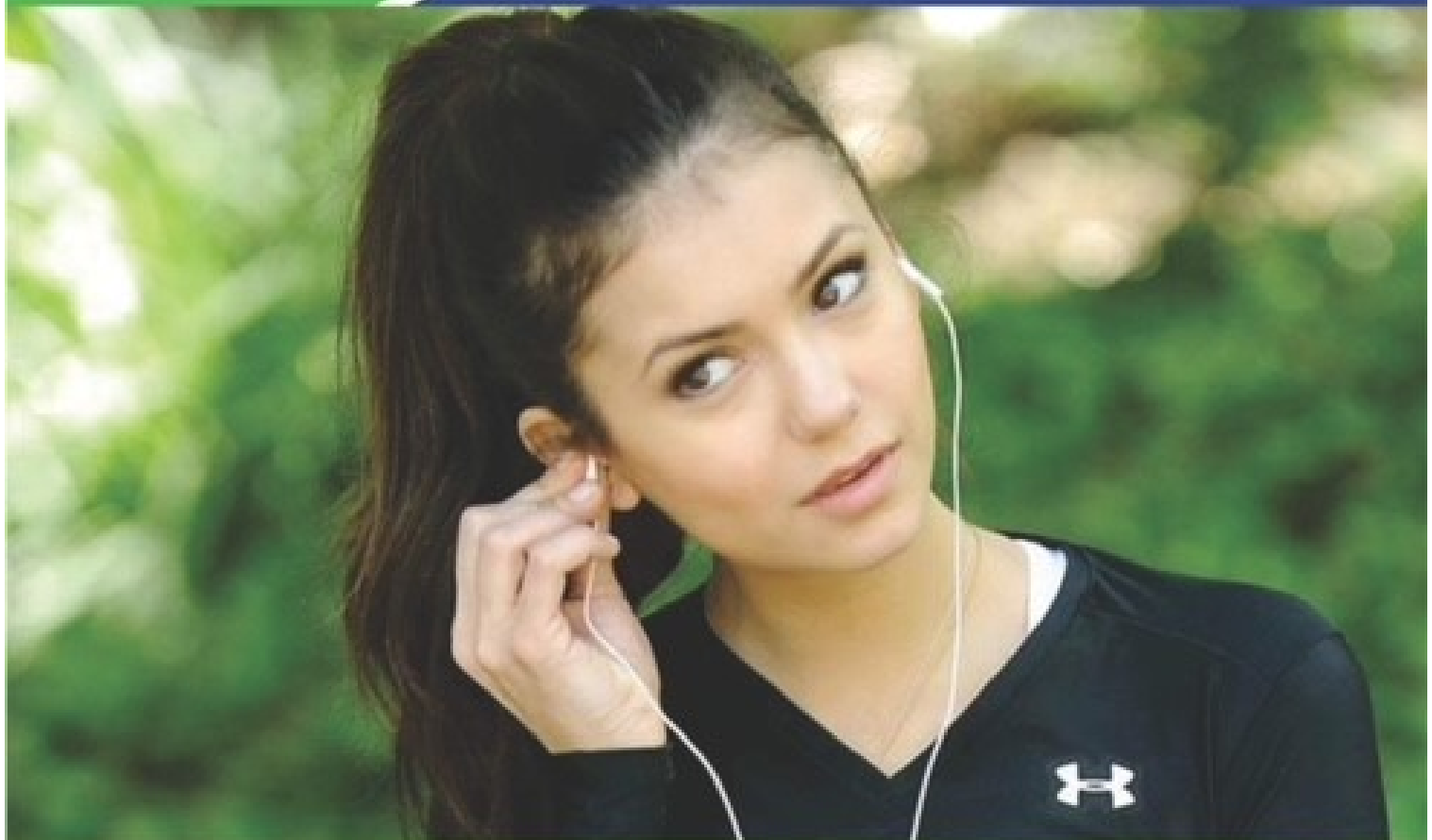
Seven Chakras and each color represents a chakra. Practitioners of ayurvedic medicine believe the human body has "Seven Chakras", which some claim are 'spiritual centers', and are thought to be located along the spine. New Age thought associates every chakra with a specific color of the visible light spectrum, along with a function and organ or bodily system. According to this view, the chakras can become imbalanced and result in physical diseases, but application of the appropriate color can allegedly correct such imbalances.

1. The Root Chakra: Is located at the base of the spine, is represented by Red. This chakra has to do with our grounding and connection with the Earth. It is also associated with Survival.

2. The Sacral Chakra: Is located 2 or 3 inches below the navel it is represented by Orange. This chakra is said to be associated with reproduction, the kidneys and adrenals, and pleasure. It is also associated with Emotions and Creativity. It is the mind-body chakra.

3. The Solar Plexus Chakra: Is located between the navel and sternum, is represented by Yellow. This chakra is associated with the pancreas, liver, digestive system, and gallbladder, as well as positivity, empowerment, sense of self, confidence, and Well-being.

4. Green represents the Heart Chakra: It is associated with the heart, lungs, and immune system. It's associated with energy, the nervous system, mental



Music Therapy

Musical therapy deploys the potential of music to iterate with human emotions and affect wellbeing, although there are various classification recognised in the world today. Music therapy, when rehearsed in the right fashion, is considered to be exceedingly effective in complementing routine treatment schedules to help in reinforcing wellness.

Practical comprehending music therapy makes it feasible for musicians to play compositions precisely as preconceived by the composer; expertise of musical history; and the potential to proficiently play an instrument, which could include singing. A high level of musical ability and knowledge of different styles of music is essential along with certain research skills such as recognizing the problems, understanding current work in the field, documenting and reporting.

The therapist should also have the propensity to assiduously and artfully conceptualize, scrutinise, appeal, and/or evaluate statistics gathered from/by observation, experience, reflection, reasoning, or communication. Motivational Skills have the ability to motivate clients to express themselves through music by creating various ways to gain insight into their behaviour and personality, so that they can gain confidence. Communication Skills is integral for the Music Therapists to converse with a diverse amount of people from all walks of life, so it is imperative that one must have clear communication and understanding of the basic language.

Flexibility is a calibre for Music Therapists to work in a variety of surroundings, with schedules that vary from time to time and may include overtime hours, weekends and holidays, and travel as part of the job.

Music therapy sessions can help to lead productive and peaceful lives. Music is a human phenomenon. it is only sensory experience that can activate a area of the brain at the same time simultaneously and Music therapy is known to create positive changes in brainwaves. These changes facilitate concentration and improve memory power. Music Therapy can contribute a great deal in enhancing learning capability, facilitating retention and stabilising the behavioural trends. It creates amicable learning environments and exhibit positive behaviour.

Music therapy assists in engender positive reaction in the mind. Hence, impulses that can often have destructive repercussions can be supervised productively. Music therapy helps in generating positivity within the mind and fuels positive responses like creativity. It perpetuate in maintaining peace of mind. Music therapy is the enhancement of human capabilities through the planned use of musical influence on brain functioning.

Music therapy is useful because music triggers whole brain processes and functioning which directly affects one's cognitive, emotional and physical functioning and abilities. Music therapy is used in managing numerous medical conditions because music can have such an impact on a person's mind set and well-being. There is strong scientific evidence supporting the use of music therapy for mood enhance and anxiety/stress relief, according to natural standard research. Music therapy can be used in many other psychological disorder like Autism, is a brain disorder that I associated with a wide range of developmental problems. People with



autism spectrum disorder often show heightened interest to music.

Music therapy is also use with people who has Alzheimer and dementia. Music therapy has been found to reduce aggressive or agitated behaviour, improve mood and improve cooperation with daily tasks. Music therapy may also decrease the risk of heart or brain diseases. There is evidence that music therapy may increase responsiveness to antidepressant medications. In elderly adults with depression, music therapy may have a long lasting effect. In adult depressed women, music therapy may lead to reduce heart rate, respiratory rate, blood pressure and depressed mood.

Music therapy helps people in better sleeping quality as well as longer sleep duration, greater sleep efficiency, less sleep disturbance and less day time functioning. Music therapy is frequently used to reduce stress level and pain perception among mothers in labour. Music therapy has proven useful in the recovery of motor skills. Music therapy helps to improve self-esteem, self-concept, Verbal communications, Pro-social behaviour, socialization skills and coping skills.



Music therapy is useful for any age group, it may be used with adolescent population to treat disorder such as mood /anxiety disorder, eating disorder or inappropriate behaviour, including suicide attempts, withdraw from family, social isolation from peers, aggression and substance abuse.

There are two types of music therapy, one is 'receptive music therapy' and the other is 'active music therapy'. Receptive music therapy involves listening to recorded or live music selected by the therapist. It can improve mood, decrease stress, pain, and anxiety level and enhance relaxation. In active music therapy clients are engage in some form of music making, whether it's singing or with instruments.

MUSIC THERAPY AMONG ADOLESCENTS:

Teen music therapy is one of the wonderful art therapy. Music therapy has been shown to be an effective form of treatment for physical, emotional, social and cognitive needs for adolescent, as related to both mental health (includes mood/anxiety and eating disorder) inappropriate behaviour, including

suicide attempts, withdraw from family, social isolation from peers, aggression and substance abuse. Music therapy is not based on an adolescents being forced to perform music, nor it is based on a teen's ability to play music.

In fact it is not about the music itself but rather, the experience of the teen which the music bring about. Goals in treating adolescents with music therapy, especially with high risk, which includes

awareness of emotion and mood, improving decision making, decrease anxiety level, increase self-confident, improving self-esteem and better listening and communicating skills. Music therapy help effectively in every problem related to adolescent.

MUSIC THERAPY AMONG ADULTS:

Music therapy benefits not just children it also work for adults. Many adults face stress, music therapy help them to reduce stress. Music therapy lower blood pressure, heart beat and relax the body.

Music therapy help to treat dementia and diseases like Alzheimer. Music therapy treatment is also used for adults with brain injury or spinal cord injury or any other neurological disorder to help them to improve balance and fine gross motor skills.



Bhavna Bharni

Sr Clinical Psychologist,
Fortis Escorts Hospital, Okhla, NEW DELHI
She is also Cofounder PsyCare Hospital,
NEW DELHI.

E-mail ID: bhavs2001@yahoo.com