

Educational Workshop

📅 Sun. Sep 28, 2025 10:40 AM - 12:10 PM JST | Sun. Sep 28, 2025 1:40 AM - 3:10 AM UTC 🏛️ Session
Room 1 (Main Hall A)

[Educational Workshop 3] WORKSHOP: The Healing Power of Music in Mental Health: Evidence-Based Applications and Clinical Tools

Moderator: Tsuyoshi Akiyama (World Federation for Mental Health)

[EW-3-01]

WORKSHOP: The Healing Power of Music in Mental Health: Evidence-Based Applications and Clinical Tools

*Tsuyoshi Akiyama¹, *Chad Lawson² (1. Rokubancho Mental Clinic (Japan), 2. Artist - Universal Music Group (United States of America))

[EW-3-02]

The Healing Power of Music in Mental Health

Pianist and advocate Chad Lawson explores how live music, breathwork, and science based tools can calm the nervous system and support healing in mental health care.

*Chad Lawson¹ (1. World Federation for Mental Health, Artist - Universal Music Group (United States of America))

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[EW-3-01] WORKSHOP: The Healing Power of Music in Mental Health: Evidence-Based Applications and Clinical Tools

*Tsuyoshi Akiyama¹, *Chad Lawson² (1. Rokubancho Mental Clinic (Japan), 2. Artist - Universal Music Group (United States of America))

Keywords : Music、Mental Health、Healing

This 90-minute interactive workshop delves into music's profound therapeutic potential in mental health care, seamlessly bridging neuroscience with actionable clinical practices. Through a dynamic blend of live piano demonstrations, mindfulness exercises, and evidence-based strategies, participants will uncover innovative ways to incorporate music into their therapeutic approaches.

The session begins with a live experiential exercise, combining guided breathwork and piano performance, to illustrate the immediate physiological and psychological impacts on stress reduction and emotional regulation. Attendees will explore the latest research on music's effects on neurochemistry and the autonomic nervous system, with targeted applications for anxiety, depression, and trauma-informed care.

Participants will gain culturally-sensitive, practical tools for integrating music into their practices, from curating therapeutic playlists to embedding musical mindfulness and strategic silence into treatment plans. Drawing from diverse case studies, this workshop highlights adaptable methods for various clinical and community-based settings, demonstrating music's universal capacity to connect and heal.

Designed for mental health professionals and caregivers, this session equips participants with tangible, evidence-supported interventions to enhance their therapeutic repertoire. With music transcending cultural and linguistic barriers, these tools present a powerful opportunity to elevate mental health care globally, fostering healing and resilience across diverse communities.

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[EW-3-02] The Healing Power of Music in Mental Health

Pianist and advocate Chad Lawson explores how live music, breathwork, and science based tools can calm the nervous system and support healing in mental health care.

*Chad Lawson¹ (1. World Federation for Mental Health, Artist - Universal Music Group (United States of America))

Keywords : Music Therapy、 Stress Reduction、 Emotional Regulation、 Mental Health

Music has a profound ability to calm the nervous system, ease anxiety, and support emotional healing, yet it remains underutilized in many clinical settings. This interactive workshop bridges science based research with live experience, offering mental health professionals and caregivers simple tools to incorporate music into care. Through live piano, guided breathwork, and evidence based practices, participants will explore music's effects on the brain, stress response, and emotional well-being. The session will highlight practical, culturally adaptable techniques that can enhance therapeutic relationships, foster resilience, and create safe spaces for healing across diverse communities.