

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-3-02] 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.