



Warwick
A Singing
Town

S.I.N.G. – The Wonder Drug

Social

Singing and music are found in all cultures:

- National anthems
- Opera
- Music Theatre
- Sports events
- Songs – love – protest – oppression – story telling
- Popular culture
- Shared experience
- Social cohesion.

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Music therapy research shows that music can:

- Reduce pain
- Decrease anxiety, withdrawal, depression
- Improve speech/language rehabilitation
- Improve physical and motor rehabilitation
- Increase respiratory capability
- Facilitate expression of feelings, fears, hope
- Increase socialization, acceptance of disability, mood elevation.

Dr. Deforia Lane
Director of Music Therapy

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Intellectual

Most of the brain is used in processing music including:

- the frontal cortex
- left and right hemispheres
- motor cortex
- auditory cortex
- limbic system.

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The chemical release of dopamine supports social interaction, empathy and cooperation.

Dr. Alan Harvey
Neuroscientist and musician

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- Musicians solve puzzles and problems more effectively and creatively.
- Musicians have higher levels of executive function.
- Musicians have highly developed memory systems.

Dr. Anita Collins
Educator and researcher

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Music manipulates the brain through neuro-plasticity by the:

- Regulation of neurotransmitters
- Clear signals
- Synchrony of neural firing (through rhythm)
- Engagement of multiple brain areas.

Dr. Elizabeth Stegemoller
Assistant Professor, Kinesiology

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Nature/Nurture

Music and language processing are closely connected.

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Response to music begins in the womb.

Dr. Kathleen Howland

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Music supports 'learning to learn':

- Cooperation
- Creativity
- Questioning
- Sharing
- Strategic thinking
- Self discipline
- Flexibility
- Motivation
- Self directed learning
- Curiosity
- Interest
- Community
- Joy of learning.

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Not everything that counts can be counted, and not everything that can be counted counts.

On the wall in the office of **Albert Einstein** at Princeton university

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Gifts

Music and singing are free medicine.

Musical activity is now a crucial part of 'social prescribing'.

'Working' songs enable higher levels of achievement.

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Music increases blood flow, dopamine uptake and blood oxygen levels.

Dr. Robert Zatorre
Cognitive neuroscientist

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Music and rhythm increases movement and flow of dopamine to support mobility for Parkinson sufferers.

Dr. Jessica Grahm
Assistant professor psychology

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After performing at a care home a patient who had stopped responding after the death of his wife a year ago – asked to see his family again.

The patient sang along to Moon River which was played at his wedding.

Robin Spielberg
Musician and composer

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