**Reading Response Essay**

Introduction

In their article “The Arts in Psychotherapy”, Filippo Giordano, Elide Scarlatab, Mariagrazia Baronic, Eleonora Gentile, Filomena Puntilloe, Nicola Brienzaf, and Loreto Gesualdo argue that music therapy is useful for improving the well-being of patients. Moreover, the authors assert that such therapy is necessary for clinical staff during the pandemic as workers suffer a lot from overwork and stress. Music therapy implies a systematic usage of musical works to achieve therapeutic goals. While I agree with most of the authors’ points with some amendments, I feel that researchers could have been more precise and more reasonable with the choice of a testing system.

Summary

The authors make three points in their article. The first point is that music therapy is useful for reducing stress and improving people’s well-being. According to the previous research by McConnell and Porter (2017), music positively affects human psychological and physical health. The authors go on to argue that music therapy as a method to improve well-being is necessary now. They emphasize that clinical staff during the COVID-19 pandemic suffers a lot because of prolonged work shifts, fear of being infected, and deaths of patients and colleagues. The authors assert that working under such conditions negatively affects the quality of healthcare work. Music therapy can partially solve this problem. The researches end by saying that music therapy is a cost-effective and non-invasive method of improving both the mental and physical health of clinical staff.

Response paragraphs

The researchers claimed that music therapy is a cost-effective method of improving people’s well-being. I cannot disagree with this. Music therapy described in the research required only headphones, a phone, and a quiet place. Such things are available for most of the workers which makes it almost free therapy. However, other ways of improving health conditions require either medicine or qualified doctors. For example, I had to buy Fenibut during my school time to prevent problems caused by overwork. Such medicine price varies from 300 to 500 rubles which is much more comparing to music therapy cost. However, the authors highlighted that music therapy did not require direct contact with clinical staff as any help can be provided via messages and calls. I find this point questionable. Humans are biosocial creatures which makes it important to have live communication. Diggory (2018) noted that live communication is essential for well mental health. Clinical staff during the pandemic suffer a lot. Overwork and high level of stress endanger workers’ stable mental health. In this way, the absence of direct contact poorly affects clinical staff.

However, the authors have relied on the polls system to check for the differences in participants’ well-being before and after the music session. However, I find it insufficiently accurate and reliable to check both the mental and physical health of clinical staff using the question-answer method. A part of participants can express their health condition incorrectly which can lead to mistaken results in the poll. Such a disorder is called alexithymia. “While the condition is not well-known, it’s estimated that 1 in 10 people has it" (Legg, 2020, p. 1). The chance of getting such a disorder increases significantly because of depression which is often for clinical staff during a pandemic. To my mind, checking health conditions with help of psychotherapists or electronic devices would be a better option. If the authors had talked more about why the polls system was chosen, it would have made the measure part clearer. This part of the research made me doubt the correctness of the results.

Conclusion

In conclusion, the authors highlight some interesting points about the usefulness of music therapy and the necessity of such treatment for clinical staff during COVID-19. However, there are several weaknesses in their research because the testing system was not fully reliable, and they have also described some of the benefits of such therapy somewhat unclear. As workers will continue to suffer a lot from high-stress jobs, I believe that music therapy will become a popular method of improving well-being.

**References**

1) Legg, T. J. (2020). All About Alexithymia, or Difficulty Recognizing Feelings. https://www.healthline.com/health/autism/alexithymia

2) Diggory, K. (2018). The Importance of Human Interaction and Relationships. https://www.explore-life.com/en/articles/the-importance-of-human-interaction-and-rel ationships