Welcome to Spotlight. I’m Robin Basselin and I’m Colin Lowther. Spotlight uses a special English method of broadcasting. It is easier for people to understand no matter where in the world they live.

This is the sound of a cello. The musician concentrates on the music. He also wants the people listening to concentrate. He does not want them to sleep. This would be an insult to the music and the musician. But Briony Ming feels differently. She is happy when her music sends people to sleep. Briony is a music therapist. She is trained to use music to help people. Today’s spotlight is on music therapy. Our ancestors knew how music can calm troubled people. The Christian bible tells a story about an ancient king Saul. King Saul suffered from fits of anger. He employed a young boy David to calm him with music. This was three thousand years ago. You can still read a collection of David ‘s songs in the Christian bible. More than one thousand years ago, the Muslim scientist Farabi also wrote about music. he wrote about the good effect music could have, especially for suffering people. He taught about this treatment in his book “Meaning of the intellect” this may be the first book about music therapy. Ancient words from India also tell us: “Listening to the happy music of the yazh push people in a stage of spiritual joy. It helps them to forget the pains of the world.

Calming troubled mind helping suffering people, bringing spiritual joy. Music can help people who are suffering mentally or physically. It can bring joy and peace. Now modern medical experts also recognizing these effects.

Briony Ming is among those who lead the way in this field of treatment. Briony works in a hospice. This medical center cares for people who are dying. Briony believes that playing music can bring peace to people who are frighten or in pain. Briony talked about her work to look on newspaper. This is Hull and East Riding. He says that music has a big effect on patients. It is about giving them emotional supports. It helps them express themselves. It helps them to communicate when words are not enough or when it is not possible for them to communicate. It is possible to enjoy yourself and use the life you have left.

Briony cares for people of all ages. From young children to those who are very old. Helping them to make the most of their remaining days. It can be very difficult. But she says it is an honor to work with these people.

The hostice is the England where Briony works has a music room. There, Briony and her patients can play music. She likes to perform songs from the past. People enjoy it. When she sings song they remember from earlier and happy time in their life. In the future, Briony also hope that patients will be able to record their own music. She explains: “everyone has songs that are a part of they are. It can be a way to connect with their past with the music that connect to events in my life. Some people do not think that they are interested in music. But it can’t bring back memories. It is parts of who we are.

This part of music therapy is very important. Expert says that music can help people with memories problem. It can bring back memories. Both good and bad. But it can also help other areas for example. A person with a brain indri may have problem speaking. But with other treatment. Music can help a person communicate. It can help a person learn to speak again. This is because music affect different parts of the brains. As a person listen to music it build connections in the brain. These new connection can help with healing.

A stroke causes a very serious injury to the brain. During a stroke the brain does not get enough blood. This can cause parts of the brain to stop working. People who have had head stroke often have problems talking and moving. In a studies with stroke patients, music has made a big different when combine with other treatment. Patients who have music therapy show many improvements. They speak more easily. They have better and stronger movements. They also have less pains.

But music also just make people feel good. For people with emotional problem. Music can build relationship for people with deep sadness. Music can create a feeling of hope and joy. This is true for Brinley’s patients. Brinley describe it this way.

It is about being with people and their sicknesses. It is about helping them find the way to deal with his experience. Having fun can be part of that. We invent musical games, playing is sometimes a way of exploring how you feel. It can be a release of emotion. For people who has communication difficulty, music is a way of talking without having to use words.

A person does not have to be a skilled musician to experience a good result. Often people do not believe that they can play music. But this is not true. Most people enjoy singing. Learning to play an instrument is also very helpful to a person brain. A person does not have to be an expert and everyone can enjoy listening to music.

Brindley explains it this way. When people are worried or afraid for in pain, music is not a wonder cure. But it can help. What do you think about music therapy? Has music help you during a difficult time in your life. Give your opinion on our website at [www.radioenglish.net](http://www.radioenglish.net/). The writer of this program was Alain Harish. The producer was Nick Mangle. The voices you heard were from the United Kingdom and the United States. All quotes were adapted for this program and voiced by Spotlight. You can listen to this program again and read it on the Internet at [www.radioenglish.net](http://www.radioenglish.net/). This program is called music as medicine. You can also leave your comment on our website. Or you can email us at radio@radioenglish.net. You can also find us on Facebook, just search for spotlight radio. We hope you can join us again for the next spotlight program. Good bye.