



# Roots of Musicality: Music Therapy and Personal Development

*Daniel Perret*

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# **Roots of Musicality: Music Therapy and Personal Development**

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## **Roots of Musicality: Music Therapy and Personal Development** Daniel Perret

Roots of Musicality offers an accessible and original theoretical approach to a holistic music therapy based on the notion of musicality as an expression of self, with the power to energise, balance and harmonise. The author considers neuroscience and psychobiology to identify analogies with the potential of musical expression to bring about therapeutic change, as observed during his work with children with autistic spectrum and pervasive developmental disorders. Perret also explores the five elements - earth, water, fire, air and space - as means of connecting nature and human spirit. Taken together, these two approaches are instrumental in bridging the gap between music and life and fostering the expression and development of personal energy and spirit in a range of contexts, from arts therapy, music education, performance, and personal and spiritual growth. Roots of Musicality is a key text for music therapists, art therapists, sound healers, music teachers and musicians. It will be of particular interest to those using music therapy with children on the autism spectrum.



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