

AI acknowledgement

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

Task one

Zoe Nendick discusses the link between emotion and music within this article and how it makes people feel. The author explains how music is a huge part of everyone's lives and how it is always applied. Whether someone listens to it to relax or has it on in the background. Zoe goes on to explain how she studied music in further education and how major music equates to happy and minor music equates to sad (Nendick., 2022).

The author considers how some people may display different emotional responses to different pieces of music individually. How most people will have a memory attached to a song (Belfi et al., 2016). How mood can affect listening to a song (Hunter et al., 2011). Or how enjoying music can associate with reward areas within the brain. Zoe talks about how she was inspired by Patrik Juslin due to the research with emotional responses in music (Nendick., 2022).

The BRECVEMA framework, which was developed by Juslin, and other associates is explained to be at an early stage of study. Although there still is much room for further research, with lots of suggestions in how a person emotionally responds to music. The author goes on to tell the reader how technology for listening to music has evolved. With streaming services such as Spotify just at most people's fingertips and being able to create playlists full of music (Nendick., 2022).

Zoe discusses how music therapy and emotional responses are closely linked. Discussing again major and minor music, where major music seems to be more helpful for someone who is stressed (Suda et al., 2008). Or how It is helpful with individuals who have Alzheimer's to help remember memories (Fraile et al., 2019). The author goes on to explain how not everyone has an emotional connection to music which I known as music anhedonia. It is also to be believed it affects 5% of the general population those who have congenital

music anhedonia (Mas-Herrero et al., 2013). There is also people who experience musicophilia, where people experience elation from hearing music (Mas-Herrero et al., 2013).

The author ends the article with questions to the reader about how people listen to music or if they have emotionally connected to any songs and how it made them feel (Nendick., 2022).

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Task 3

Essay title: Discuss how our understanding of melancholia and approaches to treatment have changed overtime.

Introduction:

- 150 words introducing the module discussed in Counselling with Andrea.
- Melancholy was adapted from two names Melan= Black, chole= Bile which was known as deep sadness and despair.
- Originated in Greek medicine- imbalance of the four humours, too much black bile.
- Discuss how it has been interpreted through different periods of history briefly from ancient theories through to contemporary.

Main body:

- 1200 words.
- Discuss Hippocrates and Galen and the four humours (Ancient Greek).
- How they approached the treatment for it during these times, bloodletting, diet, blistering, purging.
- The psychological effects of melancholy.
- Renaissance period- Margery Kempe?
- 18th and 19th century- early psychiatry, disorder of the mind
- Treatments included rest and institutions started to grow.
- Melancholy was seen as depression.
- 19th and 20th century.
- Freud and melancholy?
- Pharmaceuticals, ECT treatment.

- Cultural perspectives.

Conclusion:

- 150 words
- Briefly explaining how understanding for melancholia has changed over time with what's already been discussed in the essay- From the four humours being an imbalance to major depression.

Key sources:

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