



Innovations in Music Based Interventions for Psychological Wellbeing

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Message from the Guest Editors

Music permeates our daily lives, serving as both an intrinsic and extrinsic resource that can be harnessed for various purposes. The integration of evidence-based research and data has provided a solid foundation for the rationale behind implementing music as a therapeutic tool. Music therapy and music-based interventions have demonstrated considerable benefits in a variety of domains, including the psychological, physical, and spiritual, translating into forms of therapy that provide holistic care. These impacts ultimately contribute to an improved quality of life and a path towards living better.

The Special Issue, titled '*Innovations in Music Based Interventions for Psychological Wellbeing*' aims to provide a platform for the exploration of music's impact on both the intrapersonal and interpersonal levels. This Special Issue seeks to provide a valuable resource for the sharing of diverse insights and perspectives, fostering meaningful dialogues about these findings, and inspiring new avenues of research and practice in the field of music and therapy; therefore, we welcome papers from the cognitive, emotional, psychological, and sociological fields.

