

Choosing the right music – an important step in music therapy

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Abstract: *Whenever it comes to finding the right music for a music therapy session, music therapists find themselves overwhelmed by the numerous possible choices, though asking themselves which one is the most appropriate and with the best results. The aim of this paper is to investigate the influence of music on people, and to find ways of facing the challenge of choosing the right music for each individual. Starting with the fact that listening to music is predicting the personality, is increasing the creativity and is improving our motor and reasoning skills, being the centre of the therapeutic process, we find challenging the method of choosing the music although, nowadays, the new technology is of great help in making the choice.*

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