

# Music therapy and the PERMA model

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**Abstract:** *Efficient health system consists of the PERMA model, built on the following aspects: positive emotion (P), engagement (E), relationships (R), meaning (M) and accomplishment (A). Increasing psychological welfare remains a challenging subject for scientists. It was recently found in literature that a paradigmatic example or model of human well-being prove and show all the above aspects. "A perspective neuroscientific therapy Musical" by Stefan Koelsch suggests that music therapy can present reactions that increase psychological health and individuals" so it is believable that engaging music in daily life and into therapy can positively provide an optimal living life with considerable psychological welfare.*

**Key-words:** *PERMA, music therapy, psychological well-being.*

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