

She looks back and is amazed with the progress she has reached through her therapy sessions at APC which positively impacts her betterment. 'When I lie down on the sound bed, it takes me to a different universe where a range of feelings evoke in me, and a deep sense of relaxation, and refreshed emotions thereafter.'

HISTORY OF MUSIC THERAPY

The idea of music therapy goes back thousands of years. Music was suggested as a way to benefit the human body in Ancient Egypt, China, India and Africa.

It has a mosaic effect which increases the intellectual capacity.

PERSONS INVOLVED for a session

APC provides these therapy sessions with the following healing instruments; sound bowl, sound bed, supplementary tuning forks. As a total luxury; each session is accompanied by two (2) teachers (a violin player, a cello player, a guitar player or a harp player), with string instruments to support the healing vibrations, one who slides the 30 strings under the sound-bed, and Dr. Robert, who ensures each session is customized to the patient's needs, and privately speaks with the patient, progress is then monitored through detailed medical assessments after every session.

The average time of each session lasts for about 30 minutes and the doctor then analyses the progress of each patient and confidentially keeps their medical conditions.

COST (per session)

We are having 3 categories for the payment:

1. No payment – for marginalized persons
2. N\$ 50. 00 - for those without job
3. N\$ 170. 00 - those with stable good income
4. N\$ 350. 00 - for those with medical aid

Payment methods:

Cash payment directly to the APC office or through swiping in the office after a session of 30-45 minutes Music Therapy or directly into the:

StandardBank / APC Tsumeb

Branch : Tsumeb
Code : 084773
Acc-no : 04 162 4157
Swift code : SBNMNX



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**ARTS PERFORMANCE CENTRE
TSUMEB**

**A REGISTERED NGO
(Non-Profit Organization)
under Section 21/2006/642**



MUSIC THERAPY

APC is the only center in Namibia which can heal people through music-therapy with a sound bed, musical instruments like; Harp, Violin, Cello, Raindrop-pipe and singing bowls from Asia.

Under the sound-bed bottom, 30 metallic strings are tightened and tuned in F-major; under another sound-bed are 30 metallic strings tightened and tuned in A-major.

**F major tuned bed - heals pain
A major tuned bed - heals mentally + harmonizing**



Music Therapy can help: migraine, back pain, releases stress and depression, helps people who are under Chemo-Therapy to reduce depression, by addiction of drugs and alcohol, muscle pain, abdominal pain, as well as Alzheimer, Parkinson and Autism.



ISAAK WILLEMSE

He walked 10 km from the farm to Tsumeb in order to visit his sister in the location.

His sister waited and waited on his arrival but instead of the brothers' visit, she got a message to come quickly to the Hospital. She came to find him sad and mute in the Hospital, his tongue could not move anymore. After 1 week lying in the Hospital without success, he was diagnosed with Aphasia, and subsequently transferred to Oshakati State Hospital for the treatment where he stayed for days. After 7 days he got the message that they are unable to help him with his condition. He had no choice but to accept that this is going part of his life. His family could not accept that, it is over, but decided to bring him to the APC, for music therapy session. It took 9 sessions till he could regain his speech and speak fluently Khoekhoegowab again (Damara Language) Isaak is thoroughly healed.



MONALISA NAWASEB

Ms. Monalisa Nawaseb who is a survivor diagnosed with Brain Meningitis In 2009, followed by an extensive subarachnoid hemorrhage (brain bleeding) in 2013 and had undergone complicated surgery and still sees the neurosurgeon regularly. With this medical condition; Ms. Nawaseb was admitted in the Intensive care unit for about three (3) months and since then relied on sleeping pills over the years.

Ms. Nawaseb has been recommended to take sleeping pills for years, which helped her to fall asleep at night as she has been suffering from sleep disorder, and could remain sleepless for days with severe headache attacks. She is now one of the patients who testifies that sound therapy indeed works and that she is now able to fall asleep after she attended 3 sessions without the help of any medication or pills. "I am now myself and I am so much happier." Ms. Nawaseb says.

Success Stories from Our Patient



ROZY ANTONIO

Rozy was born with a heavy deformity. That is why she could not make any game activities with other kids. She suffers from under the nerves pain which attacks her whole body. Only the morphine injection could ease those painful attacks she experiences from time to time. During her work hours in APC; she received these attacks, she cried out loudly, and no movement was possible, as her whole body falls in pain. APC music therapy team carried her to the music therapy room and laid her on the sound bed where she received her first session. After 45 minutes, she was totally happy with no pain in her body; and the session is ongoing.