

UNIT 2-LESSON 4-LISTENING

Andrew: Good evening. You're listening to WBQX, and I'm Andrew Harris. Tonight's broadcast will focus on the benefits of using the arts to help people of all ages—children, (1)_____, adults, and the elderly. Science correspondent Maggie Curtis has our report.

Maggie: The arts have been used in a variety of therapeutic situations for some time—in schools where students might be having trouble with their schoolwork, and in hospitals and (2)_____ homes where patients face physical and psychological challenges. How do the arts help? I asked music therapist Mark Branch earlier today.

Mark: Well, all people naturally have strong emotional responses to (3)_____ and other art forms. For example, a beat or melody can affect how we feel, depending on whether it's (4)_____ and energetic, or quiet and soothing. But we also know that music affects us physically—it affects the way we breathe and how fast our heart beats. It even has an effect on our (5)_____ chemistry, and this can cause our mood to change. (6)_____ has a similar effect on us, especially since it also involves music. In my work we use both music and dance with our patients.

Maggie: So what kind of patients have you been working with?

Mark: I work with a lot of patients who have (7)_____ disabilities. These are people with IQ scores of 70 or lower, who learn at a slower rate than most people. This disability also affects their ability to communicate and interact socially. I find that involving these patients in group (8)_____ or dancing to music permits them to express their emotions through the music. When one patient is really into the music, others want to join in too. We see definite improvements in their ability to interact with others.

Maggie: Right now I'm standing with Bruce Nelson, a psychologist who has been using (9)_____ therapy—that is, using theater to help troubled teens. Hello, Doctor Nelson.

Bruce: Hi, Maggie.

Maggie: So tell us how drama therapy works.

Bruce: Well, most of the teens we work with are suffering from depression—that is, many of them have had bad experiences that have left them (10)_____ and depressed for longer than normal. Perhaps their parents have divorced, or they have been (11)_____ out of school. The best thing we can do is offer someone for them to talk to. But as you probably know, even teens who don't have problems can be moody and a bit difficult. It can be very hard to get teens to (12)_____—especially when they're feeling so unhappy. So in drama therapy, we use role play or drama to provide a safe way for them to act out situations that are similar to their own. Actually, acting out a scene often creates an emotional connection that helps teens express their (13)_____ and talk to a therapist about what's going on.

Maggie: Isn't role playing a situation like their own very painful for them?

Bruce: Sometimes it is. But using theater to focus those feelings is more often a relief for them. They've been keeping their feelings inside for a long time. What I find so rewarding about drama therapy is how much it helps these (14)_____.

Maggie: Yesterday, I joined art therapist Carla Burgess during one of her visits to assisted living centers and nursing homes for the elderly. I asked her to describe her work.

Carla: You know, whether we look at art or create art, we are emotionally affected by art. It reminds us of things that make us happy or sad—sometimes it even brings up (15)_____ memories. So what we do is we encourage our elderly residents to paint or (16)_____ regularly. And we use the art they create for discussion afterwards. We treat each therapeutic session like an art class—so it's a group activity in which these seniors socialize by showing each other their work and talking about it. And I'm always amazed at the artwork they produce! When you consider that many of these seniors have lost a husband or (17)_____, art therapy has a really positive emotional effect on them. Some of my seniors have told me that what they like most about art therapy is the time they spend (18)_____ with others.

Maggie: So today we learned about (19)_____ different ways in which the arts are used as therapy. Next week we'll take a look at how some professionals are using the arts to help young students improve their performance at (20)_____. I'm Maggie Curtis.

Back to you, Andrew.