

## Therapeutic Support Albums

### 治疗支持专辑

Therapeutic Support Albums are both organizing and energizing. They all have a strong rhythmic intensity which supports motor skills, timing, and praxis. It is critical to match as closely as possible the rhythm of the music to the rhythm of the movement - the closer the match, the more powerful the effect. When a good match occurs, the rhythmic activity can increase muscle co-contraction, muscle fiber firing, and sustained muscle contraction. Therapeutic Support albums cover many styles and types of music. They range from non-modulated versions of the Kidz Jamz series to more meditative music done with chants, Tibetan bowls, or sacred drums. These albums should only be played over speakers.

治疗支持专辑既能够组织也能够注入活力。它们都有强烈的节奏，以支持运动技能，定时和运用能力。关键点在于要尽可能地把音乐的节奏与运动的节奏相匹配。匹配得当时，节奏性活动可以增加肌肉的同步收缩，肌肉纤维冲动，还有持续的肌肉收缩。治疗支持专辑包含很多音乐风格和种类，从Kidz Jamz系列的非调控版本到更具冥想风格的音乐，以唱诵、藏钵或圣鼓的方式演奏。这些专辑应该只通过扬声器播放。

Album Title 专辑名称	Elements of Music 音乐元素	Clinical Applications 临床应用
<p>Grape Jamz 葡萄之声</p>	<p>2 percussionists, bass, guitar, piano, woodwinds Basic familiar melodies with improvisation Simple strong rhythms with strong bass line Low spectral predominance 2名打击乐手，低音号，吉他，钢琴，木管乐器 基本而熟悉的旋律，加以即兴演奏 简单而强烈的节奏加上强劲的低音线 大多占据低音谱</p>	<p>Body movement Basic timing Postural organization Core activation Vestibular activation Inspires movement 身体运动 基本定时 姿势组织 核心活化 前庭活化 激发运动</p>
<p>Jungle Jamz 丛林之声</p>	<p>Familiar musical selections revolving around jungle themes Simple to complex melodies with subtle improvisation Rhythm is dominant feature Percussion and drums reinforce sound patterns 熟悉的音乐选择，围绕丛林主题 从简单到复杂的旋律配以微妙的继兴创作 节奏是主要特色 打击乐和鼓强化声音模式</p>	<p>Bilateral integration/coordination Timing and sequencing Motor planning Core activation Inspires movement 双侧统合/协调 定时和顺序 运动计划 核心活化 激发运动</p>

<p><b>Peach Jamz</b> 桃子之声</p>	<p>Familiar children's songs Gentle voice accompanied by piano, guitar, and cello Simple melodic structure Simple rhythms 熟悉的儿童歌曲 温柔的人声，由钢琴、吉他和小提琴伴奏 简单的旋律结构 简单的节奏</p>	<p>Encouragement of vocalizations Connectedness Easing transitions Promoting a calm environment 鼓励发音 联结 缓和过渡 促进环境的平和</p>
<p><b>Razzberry Jamz</b> 覆盆子之声</p>	<p>Jazzy, improvised children's songs Simple rhythms 爵士风格，即兴演唱的儿童歌曲 简单的节奏</p>	<p>Maintaining focus and attention Novel expression encourages more complex thought Homework time 保持专注和注意力 新奇的表达方法鼓励更复杂的思想 作业时间</p>
<p><b>Surf Jamz</b> 冲浪之声</p>	<p>Surf genre music with guitars (electric, rhythm, acoustic), keyboard, drums Simple, repetitive melodic structure grounds listener Strong varying rhythms are captivating Low spectral predominance 冲浪式的乐种配以吉他（电，节奏，民谣），键盘，鼓 简单，重复的旋律结构使聆听者扎根 强烈而多变的节奏使人着迷 大多占据低音谱</p>	<p>Postural organization Body movement Core activation Energetic, imaginative child-therapist connection Vestibular activation Timing and sequencing 姿势组织 身体运动 核心活化 充满活力，想象力的儿童—治疗师之间的联结 前庭活化 定时和排序</p>
<p><b>Strawberry Jamz</b> 草莓之声</p>	<p>Classic and contemporary children's songs Voice accompanies by strings piano, flute, woodwinds, percussion, and nature sounds Simple melodic structure Very rhythmical 古典和当代儿童歌曲 人声伴以弦乐，钢琴，长笛，木管乐器，打击乐和自然界的 声音 简单的旋律结构 非常有节奏</p>	<p>Engagement Connection Vocalization Emotional response Body movement 参与 联结 发声 情绪回应 身体运动</p>

<b>Album Title 专辑名称</b>	<b>Elements of Music 音乐元素</b>	<b>Clinical Applications 临床应用</b>
Chakra Chants 静修唱诵	Male chanting Vocal harmonics Tibetan bowls and bells Tuning forks 男性唱诵 人声和声 藏钵和铃 音叉	Connection with self Groundedness 与自我联结 扎根
No Worries 不要担心	Daily routines set to children's songs Simple rhythms Melodic voice 用儿歌表现日常惯例 简单的节奏 旋律声音	Body movement Connection 身体运动 联结
Sacred Earth Drums 神圣地球之鼓	Drums Rattles Flutes 鼓 响器 长笛	Connection with self Groundedness Spatial awareness 与自我联结 扎根 空间觉知
Sacred Spirit Drums 圣灵之鼓	Drums Rattles Flutes 鼓 响器 长笛	Connection with self Groundedness Spatial awareness 与自我联结 扎根 空间觉知
Spirit of the Forest 森林之灵	Vocalizations Percussion Strings Wind instruments Guitar 人声 打击乐 弦乐 管乐器 吉他	Body movement Vocalizations Connectedness Groundedness 身体运动 发声 联结 扎根

<p>Tibetan Golden Bells 金色藏钵</p>	<p>Tibetan Golden Bells 金色藏钵</p>	<p>Connection with self 与自我联结</p>
<p>Gregorian Anthology 格里高利选集</p>	<p>Chant master and group Voice contains frequencies of voice spectrum from 70 to 9000 Hz No tempo, only rhythm Biological rhythm of slowest possible breath rate Simple, mundane melodic structure Sense of vertical structure captured by tones ranging from low to high 圣咏主唱和团体 声音包含70-9000赫兹的声音频谱 没有节拍，只有节奏 地球上可能存在的最慢生物节奏 简单，世俗的旋律结构 垂直结构感被从低到高的音色所捕捉</p>	<p>Body organization Sensory modulation 身体组织 感觉调控</p>