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A new Dementia treatment with quieting focus, subtle sound vibration and intentional shared silence: Introducing Resonant Silence Technique

Miriam Fein


Resonant Silence Technique Creator, USA

Silence has been shown to be the most relaxing factor in a recent study and has also been shown to allow for the growth of new neurons. The following article introduces Resonant Silence Technique (RST), a new therapeutic approach in the treatment of dementia using a quieting environment, subtle sound and intentional silence. RST has been reported to provide positive behavioral change with those with dementia. This paper describes the development of RST, it's practical application and suggests avenues of further research to bring RST to the larger medical dementia treatment community.

Biography

Miriam Fein is the creator of Resonant Silence Technique (RST). Being a singer and drawn to silence for personal rest and renewal, she experienced how restorative group silence can be. Then, using gentle tones leading into periods of silence, she created Resonant Silence Technique for her group work with individuals with dementia and other neurological and cognitive disorders. She continues to see significant positive behavioral change with the individuals she works with. She holds a Bachelor of Comparative Religion from New York University (1972), a Bachelor of Sacred Music (BSM) from The Jewish Theological Seminary (1979) and is certified as a Cantor/Minister/Educator.

e: miriamfein8@gmail.com

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