

This work is focused on the possibility of incorporating practical elements of music therapy into education and is divided into both theoretical and practical sections. In the theoretical section, I will introduce the topics of music and music therapy in general. First, I will summarize for readers the history of music therapy progression, starting with its inception and leading up to its possible application to education in the present. Furthermore, I will discuss the ways in which music therapy can help address several issues in education; namely, the specific elements of music therapy that can be used within the classroom and for which purposes. At the end of the theoretical section, I will compare the personalities of the music therapist and the educationalist. In the practical section, I will introduce several particular activities related to music therapy, which are divided into three categories: 1. Society, conflict, prevention 2. Developing empathy, self-knowledge, getting to know others 3. Concentration x relaxation The last section is dedicated to my visit at Libčická elementary school, where I had the chance to try these activities in practice.