

Robin Spielberg

Music & Mental Health



As the global pandemic marks two years, the mental health crisis is worse than ever. Robin Spielberg's outreach program focuses on music, mental health, and wellness.

Music has been proven to elevate mood, improve focus, sleep, physical and mental health. During this 60 minute program, Robin explains the science of music and the brain, and provides strategies for implementing music to reduce stress and anxiety.



An Artist Spokesperson for the American Music Therapy Association (AMTA) since 2002, and founding member of the Mindful Music Association, Robin introduces the transformative power of music to communities everywhere.

Workshops can be customized for a variety of attendee populations, including:

- Educators (for students of all ages, elementary school through HS)
- Middle School & High School Students
- Very young students (1st grade—>3rd grade)
- Community Groups (health care providers, libraries, veteran homes, senior centers)

