



















The emotions are instantaneous and partly neurovegetative and partly culturally acquired responses to a perception (proprioception, interoception, exteroception, background feelings) and contribute to set up the human evolutionary kit and perform adaptive and fundamental functions for the life.

The emotion can be defined as a fairly intense inner process linked up with psychic and physiological reactions.

The emotions are action plans with which the evolution has endowed us to manage life's emergencies.

The etymology of the emotion (word) takes root to the Latin verb *moveo*, "to move", with the additional prefix "e-" ("movement from"), to denote that a tendency to act joins in every emotion.

The emotions are transcultural - in relation to the fundamental traits - as well as absolutely characterized by subjectivity.

The hedonic value (or affective tone) characterizes the emotions: positive hedonic value for some emotions (joy, enthusiasm, etc.), negative hedonic value for other emotions (anxiety, sadness, etc.).

Neuropsychological evidences show that the emotional state, both positive and negative, can give rise to activation (high arousal) or deactivation (low arousal).

Therefore, positive emotional states can show low arousal (calm, etc.) or high arousal (happiness, etc.), negative emotional states can show low arousal (sadness, depression, etc.) or high arousal (anger, fear, etc.).

Three (main) functions are performed by the emotions: action, that predisposes to react to an emergency, communication and reflection, that allow you to communicate with yourself and with the others, exploring needs and objectives.

Furthermore, the emotions can facilitate the creative thinking.

The link between creativity and emotional state is very complex and seems to be regulated by the interaction among hedonic value, emotional activation and motivation.

Neuroimaging experiments show that we use the same neural systems to perceive our body, social relationships, our moral judgments and creative inspiration.

A good mood positively affects perception processes and contributes to broaden the outlook on life.

The analysis of complex interactions shows that positive emotional states are a better source of creativity than negative ones.

However, the level of activation, or arousal, also plays a role: if this variable is introduced, it's possible to realize that the positive activating states promote creativity, flexibility and cognitive functions most and therefore high levels of inventive originality.

As far as low arousal negative emotions are concerned, some authors think these emotions have no connection with an increase in creativity, while high arousal negative emotions would be negatively correlated, above all because they reduce the cognitive flexibility.

Some recent studies show that the negative emotions do not stifle the creativity but can shoot a "spark" to switch on the creativity.

Moreover, the negative emotions can stimulate the people to stay focused for longer within the brainstorming sessions.

Often the days characterized by a greater creative production turned out to be those that started with negative emotions and then ended in a positive way.

## 5. Conclusions

It is important to consider the symbolism, the rituals and the myths and the mythologies of the patient's culture or group work.

The immigrants are increasing and they need to recreate their fractured identity using music, integrating past and present experiences.

At the same time the women are over represented among the group people suffering from long-term illness. [8].

To give significance to the life is a prerequisite to the health [12].

The MusGar-EnEdExPe must perceive and grasp the contextual, symbolic and functional meanings of the music that the patient brings from his culture, in order to strengthen his identity and sense of social belonging.

The MusGar-EnEdExPe promotes the patient's psychophysical activation, better mood/affective-tone and relationships and contributes significantly to improve the life quality.

The defence of the forest ecosystems, protected natural areas and national and regional natural parks must be integrated with Management Plans, Landscape Plans and Fire Prevention Plans related to: - the planning of the development and valorization of natural resources, coastal zones, limpid sea-water and chains of mountains and woods; - the preservation of the high quality standard of the forest environment and the scenography of the vegetation, necessary for the people to achieve social, cultural and spiritual benefits that are joined in the improvement of landscape and territory and

particularly of woods and forests, the active maintenance of the productive biosphere, the economic, psychological, recreational, educational and cultural resources of the ecotourism [16].

The enhancement of the landscape contributes to the development of the culture. Therefore, public administrations and authorities promote and support special and opportune activities of knowledge, information, professional training, qualification, valorization and enjoyment in relation to the landscape [18].

The activities of enhancement and valorization of the landscape are implemented with all due respect towards the protection needs [19].

The activities of States, regions, local governments, as well as all persons that carry on public functions and operate on the national territory, must be respectful of the principles of conscious land use, protection and preservation of the landscape features, achievement and production of new integrated and coherent landscape values, in accordance with criteria of sustainable quality.

The improvement of the life quality is the fundamental and final objective.

## 6. References

- [1] De Serio, A. and Forenza, D. (2002) 'Indice d'Interazione Ambientale-Musicale (IPAM)', in Di Pinto L. (ed.) *Metamorfosi e Musica in Fenomenologia*, G. Laterza, Bari, pp. 240-245.
- [2] De Serio, A. and Forenza, D. (2004) 'Musicotherapy and Interaction with Patient/Environment: a new Methodology', in Proceedings of the 2<sup>nd</sup> Regional Mediterranean Conference, Hellenic Association of Group Analysis and Psychotherapy, Atene, p. 50.
- [3] De Serio, A., Forenza, D. and Megna, G. (2006) 'Post-traumatic disabilities and Musictherapeutic support', in Proceedings of the 15<sup>th</sup> European Congress ESPRM, Madrid, pp. 460-461.
- [4] De Serio, A. and oth. (2011) 'I valori aggiunti nel trattamento recuperativo: osservazione longitudinale sulle favorevoli ricadute della musicoterapia in acqua e a secco in gruppi di pazienti', in Proceedings of the 39<sup>th</sup> SIMFER National Congress, Reggio Calabria, p. 451.
- [5] De Serio, A. and Forenza, D. (2012) "Observation about a musicotherapy treatment for a group of patients in vegetative state", *Italian Journal of Rehabilitative Medicine, MR*: 26 (1 to n. 2-3), Minerva Medica, Torino (Italy), 2012, pp. 22-24.
- [6] De Serio, A. and Forenza, D. (2013) 'Musicoterapia integrata con onoterapia e gardenterapia nella riabilitazione in età evolutiva: contributo preliminare', in Proceedings of the 13<sup>th</sup> National Congress, SIRN, Bari (Italy), pp. 420-421.
- [7] De Serio, A. (2014) 'Edible rs/musical instruments for geriatric disabled and wheelchair/bound patients', in Proceedings of 14<sup>th</sup> World Congress of Musicotherapy, IMC University of Krems, R. & W. Smutny OEG, Vienna, p. 423.
- [8] De Serio, A. (2015) 'A Group-Music-Therapy Plan for Family Members of People with Disabilities', in Proceedings of IAGP 19<sup>th</sup> International Congress, Rovinj (Croatia), p. 82.
- [9] De Serio, A. and Forenza, D. (2015) 'A new method of Group Musicotherapy/Gardenterapia for not-mentally retarded wheelchair-bound patients', in Proceedings of IAGP 19<sup>th</sup> International Congress Proceedings, Rovinj (Croatia), p. 94.
- [10] De Serio, A. (2015) 'Strumenti Sonoro-Musicali Commestibili in Musicoterapia per i disturbi alimentari in età evolutiva', in Proceedings of the National Congress on Il gusto delle artiterapie. Assaggi per nutrire il corpo e l'anima – I disturbi alimentari e arteterapia: rete tra ospedale e territorio, San Paolo Hospital, Infantile Neuropsychiatry, University, Milan, pp. 25-30.
- [11] De Serio, A. (2015) 'Cibo, musica e strumenti sonoro-musicali commestibili', in Proceedings of the National Congress on Il Gusto delle Arti Terapie, SPID, Art Therapy It., APID, AIM, Artiterapie-Sineresi Center, EXPO 2015, Milan, pp. 13-20.
- [12] De Serio, A. (2015) 'Musicotherapy and the neoplastic diseases', in Proceedings of the 8<sup>th</sup> Nordic Musicotherapy Congress, NTMC, Oslo, p. 80.
- [13] De Serio, A. and Forenza, D. (2015) 'Environmental Education and Ethics for the Pedagogy of the Redevelopment and Enhancement of the Landscape', in Proceedings of the World Congress on Education, WCE 2015, Dublin (Ireland).
- [14] Imberty M. (1979), *Entendre la musique*, Dunod, Paris, 1979.
- [15] De Serio A. (2009) 'Musicotherapy in the young people rehabilitation from disorders of mental development', in Proceedings of the 7<sup>th</sup> International Arts Therapies Conference, Riga Stradiņa University, Cesis (Latvia), 2009 July 17-19, pp. 85-86.
- [16] Forenza, D. and Tortorici, G. (2013) 'L'importanza dell'Educazione Ambientale nella Pianificazione paesaggistica e nella Tutela della Biodiversità', in proceedings of 9<sup>th</sup> National Congress on Biodiversità - Territorio, Paesaggio e Servizi Eco-sistemici, Ed. CIHEAM-IAMB, Valenzano (BA), Italy, Vol 3°, pp. 358-363.
- [17] Forenza, D. (2015) 'Rilevanza dell'educazione ambientale nella pianificazione paesaggistica della

forestazione urbana e nella Tutela della Biodiversità', in Proceedings of 10th National Congress on Biodiversity (Ed. Alba E, Benedetti A, Bucci G, Ciaccia C, Pacucci C, Pinzari F, Scarascia Mugnozza G.), CNR, Roma (Italy), 3-5 sept 2014, pp. 278–285.

[18] Forenza, D., (2016) 'Valenze poliedriche della Biodiversità, Paesaggio e Valorizzazione del territorio', in Proceedings of 11th National Congress on Biodiversity, Matera, 2016, ISBN 9788894133226, p. 230.

[19] Forenza, D., De Serio A. and Di Marzo M. (2016) 'Educazione e Comunicazione Ambientale per la Cultura della protezione del paesaggio', in Proceedings of 11th National Congress on Biodiversity, Matera, 2016, ISBN 9788894133226, p. 236.

[20] Forenza, D. and Calderazzi, A. (2016) 'Linee metodologiche per la riqualificazione del paesaggio urbano e rurale', in Proceedings of 11th National Congress on Biodiversity, Matera, 2016, ISBN 9788894133226, p. 263.

[21] Forenza, D. and Di Marzo, M. (2016) Valorizzazione del paesaggio: un approccio integrato per il territorio, in Proceedings of 11th National Congress on Biodiversity, Matera, 2016, ISBN 9788894133226, p. 265.

[22] De Serio A. and Forenza D. (2016) "Environmental Ethics and Pedagogy for the landscape Redevelopment", *International Journal for Infonomics /IJ/*, Vol. 9, issue 2, June 2016, Ireland, pp. 1152-1155.