



SEMPRE Spring Conference

Intersections between music psychology and education.

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**From homeopathic and allopathic catharsis to entropic brain theory:
can Aristoxenus of Tarentum still tell us something?**

Context

Aristoxenus of Tarentum (354-300 BC), considered the first musicologist in history, went beyond the Pythagorean-Platonic *paidèia*, reworking the Pythagorean concept of allopathic catharsis and the Aristotelian concept of homeopathic catharsis to create an empirical approach to the study of music and its effects.

Recent empirical studies on Carhart-Harris's entropic brain theory have highlighted how, in addition to psychotropic substances, musical listening is also linked to an increase in entropy and changes in openness personality trait.

Aims

The integration of ancient musicological theories with modern brain imaging studies provides a more comprehensive understanding of the role of music in human existence.

Findings and implications

The effects of immersive musical listening have always been investigated at various levels, also searching for ways to master them in a controlled manner. Aristoxenus' innovation lies in his consideration of the body and perception, in an approach that we might boldly call *enactive ante litteram*. A more profound comprehension of the visceral and cortical phenomena triggered by *musicking* would also mean being able to exploit them not only in pathological conditions (e.g. music therapy), but also as part of proper psychophysical development (of the individual and society).