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**Título de la presentación:**SINGING AND THE EXPRESSION OF EMOTIONS  
**Palabras clave:**music, words, emotions, music therapy  
**Resumen:**Music is a biological function which was arisen and developed in the human species, probably as the same time as language, as a powerful means of contacting, experiencing, expressing and communicating emotions and which often includes an intense physical, body response. Communication of emotions is facilitated by music especially when facial expression and speech are not effective or desirable. The emotions experienced can be confusing, difficult to articulate verbally or may be repressed or questioned when presented directly within a verbal message. Singing and speaking are our first way of producing musical sounds. The voice is our first instrument, where language and music live together as prosody and convey affection since the earliest moments of our lives. Therapists may and should be attentive to this "music of words" while listening to their clients. Singing, however, can tell beyond words through the emotions that are felt, conveyed and powerfully aroused by music’s structural elements and the memories evoked by a song. Any person who is able to articulate words is also able to sing, whether alone or in a group, regardless the quality of voice or musical knowledge. This means that each of us has our own music in our words and in our singing. In this workshop we will offer, in two distinct moments: - the listening of songs (musical pieces, recorded and not necessarily known) - the invitation to the act of singing, solo and in group, according to the proposal of each participant. During these moments the participants will have the chance to feel, to experience – mentally and bodily - and to communicate the diversity of emotions that may be evoked by sung words.   
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