

Research and Tacpac:

Tacpac is based on principles and evidence of how the brain reacts to music, and how sensory patterns of association help repattern previously unhelpful physical and emotional routines. It is also based on heuristic principles of learning styles in a safe, predictable environment. All these theories and principles are combined in the thinking behind Tacpac. There is plenty of research and evidence around the benefits of a regular beat to establish security, and also plenty of evidence around the repetition of an action in a safe and predictable way, to lessen anxiety and promote relaxation, trust and communication. Studies in the limbic system support the use of music and touch creating sensory pathways which have positive effects, thereby allowing the receiver to anticipate positive feelings if the structure is the same.

Tacpac relies on the communication of one person to another, thereby opening up a world of trust and contact which may previously have been locked away if the receiver does not feel safe in partnership with another person. The receiver is not left alone to "get on with it" with an electronic device, but is in a position to interact with another human being.

Hilary Wainer Director; Tacpac.

Here are some links:

1. <http://news.mit.edu/2015/neural-population-music-brain-1216> [2]
2. http://www.musicianbrain.com/papers/Altenmuller_Schlaug_ApollosGift_NewAspects_MusicTherapy.pdf [3]
3. <http://www.uwo.ca/bmi/research/featured/grahn.html> [4]
4. <http://www.coastmusictherapy.com/how-music-helps/autism-research/> [5]
5. *****<http://journal.frontiersin.org/article/10.3389/fnint.2013.00019/full> [
- 6] *****