



# Melodies of the Mind: Connections between psychoanalysis and music

*Julie Jaffee Nagel*

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What can psychoanalysis learn from music? What can music learn from psychoanalysis? Can the analysis of music itself provide a primary source of psychological data?

Drawing on Freud's concept of the oral road to the unconscious, *Melodies of the Mind* invites the reader to take a journey on an aural and oral road that explores both music and emotion, and their links to the unconscious. In this book, **Julie Jaffee Nagel** discusses how musical and psychoanalytic concepts inform each other, showing the ways that music itself provides an exceptional non-verbal pathway to emotion – a source of 'quasi' psychoanalytical clinical data. The interdisciplinary synthesis of music and psychoanalytic knowledge provides a schema for understanding the complexity of an individual's inner world as that world interacts with social 'reality'.

There are three main areas explored:

- The Aural Road
- Moods and Melodies
- The Aural/Oral Road Less Travelled

*Melodies of the Mind* is an exploration of the power of music to move us when words fall short. It suggests the value of using music and ideas of the mind to better understand and address psychological, social, and educational issues that are relevant in everyday life. It will be of interest to psychoanalysts, psychologists, music therapists, musicians, music teachers, music students, social workers, educators, professionals in the humanities and social services as well as music lovers.

**Julie Jaffee Nagel** is a graduate of The Juilliard School, The University of Michigan, and The Michigan Psychoanalytic Institute. She is on the faculty of the Michigan Psychoanalytic Institute and is in private practice in Ann Arbor, Michigan.

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