

Dialogues in Music Therapy

between clients, music therapists and researchers

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Overview of the presentation

I-International
Perspectives in
Research and Theory

II-Dialogues

III-State of the Art
in The Netherlands

I
International
Perspectives in
Research and
Theory



RESEARCH

Multiple research perspectives:

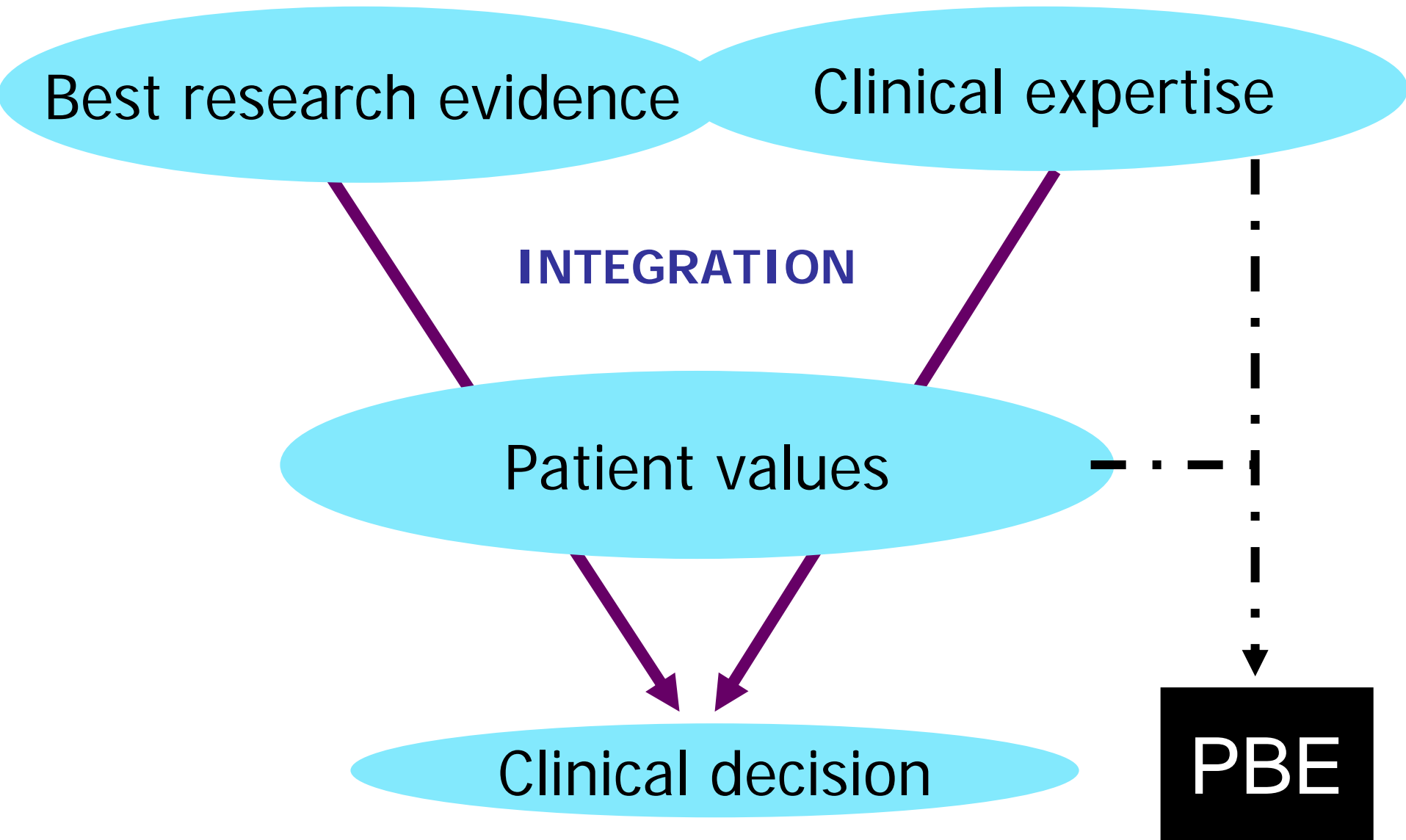
Not one universal research method



EVIDENCE BASED
PRACTICE
&
PRACTICE BASED
EVIDENCE



Evidence-based practice





Exchange
tacit knowledge

Make explicit
your
tacit knowledge

Make use of
communities of practice

**Practice based
evidence**

Make use of
best practices

Develop consensus
based practices

Design best practices

Verify these
practices with
theory and other
research results

THEORY

Multiple theoretical
perspectives:

Not one universal theory

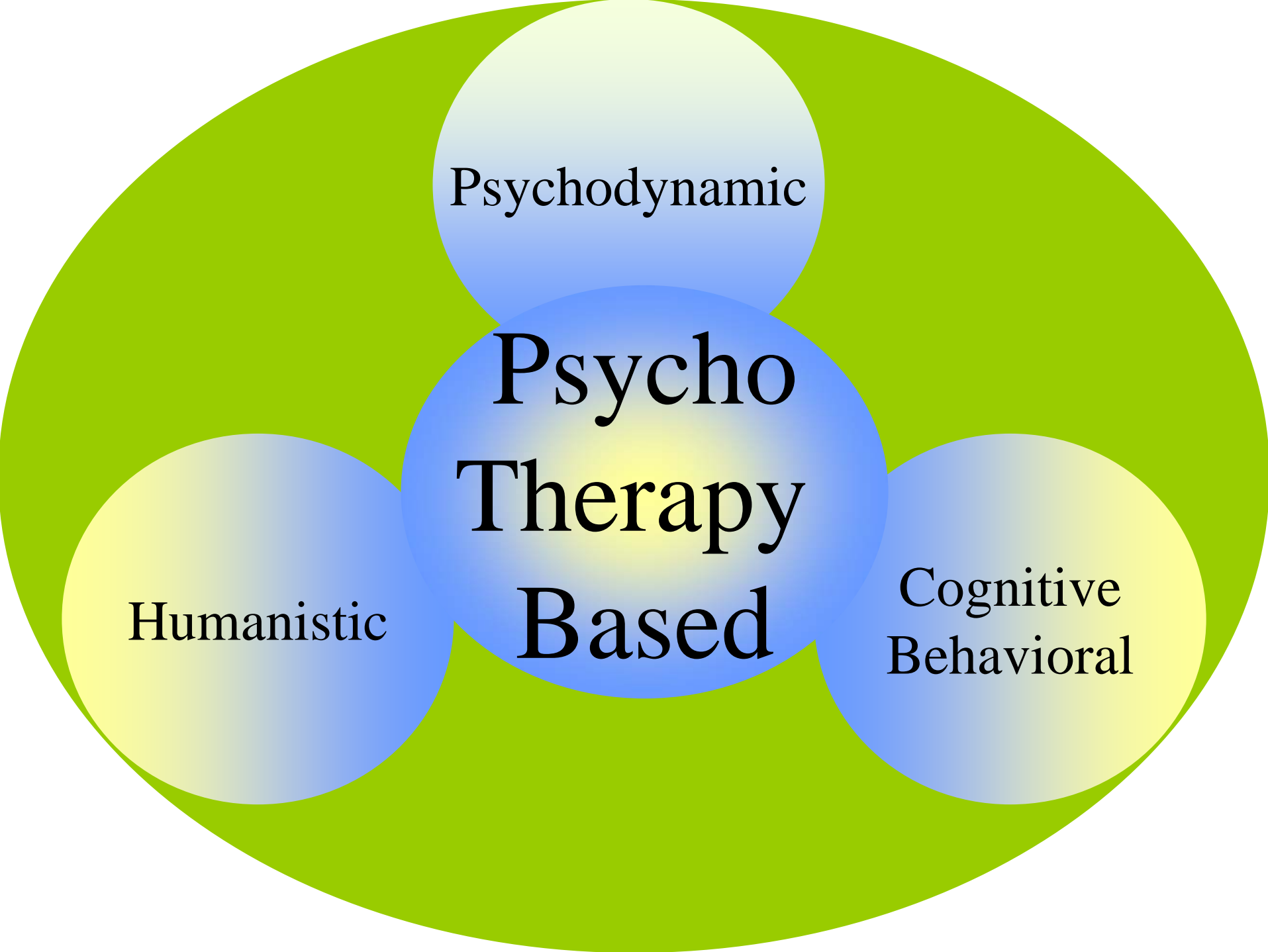


(Psycho)therapy
/ theory based

Music based

Theory

Music & person
based

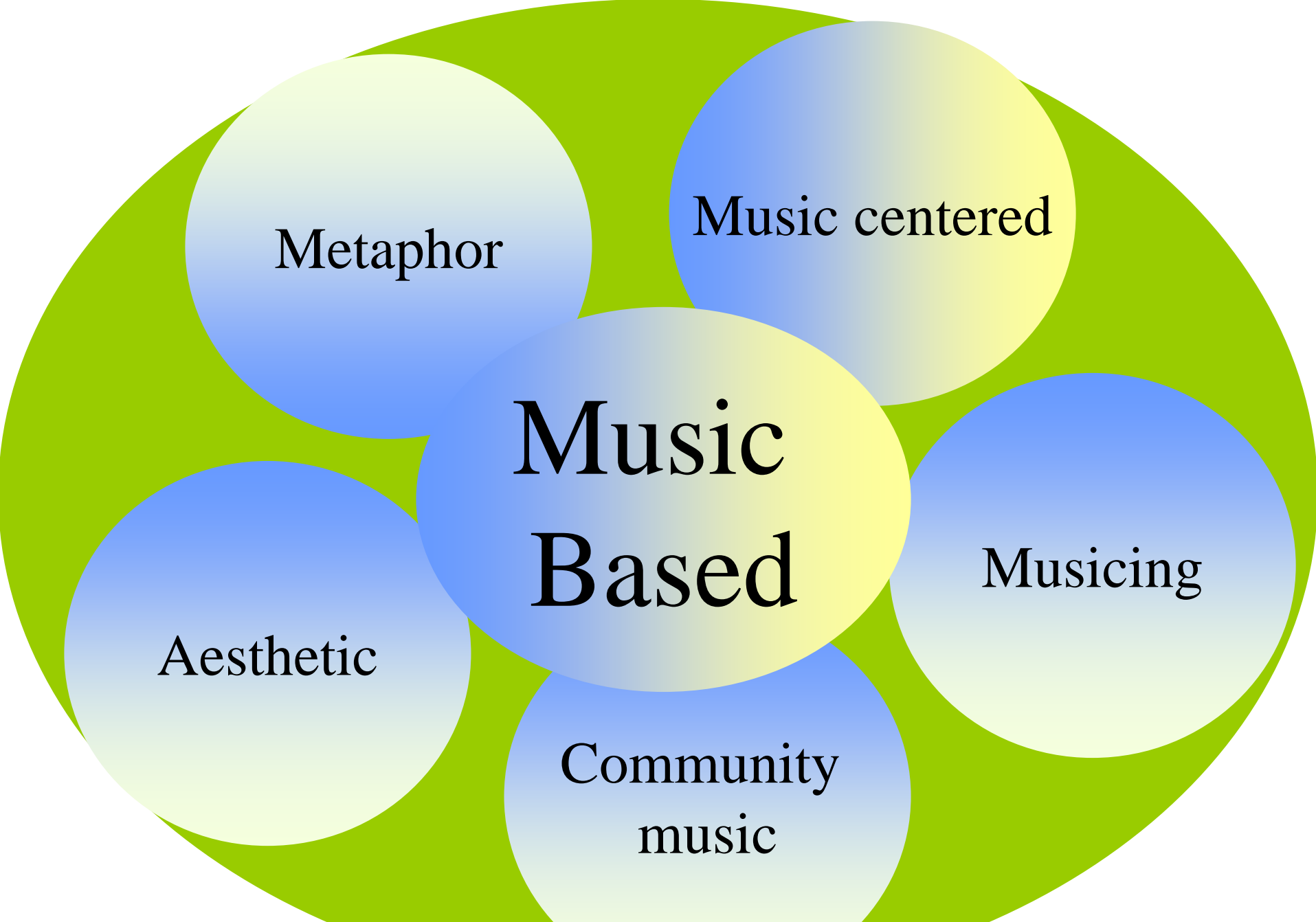


Psychodynamic

Psycho
Therapy
Based

Humanistic

Cognitive
Behavioral



Metaphor

Music centered

Music
Based

Musicing

Aesthetic

Community
music

The musical process *is* the personal process

Dynamic forms

Analogical
forms

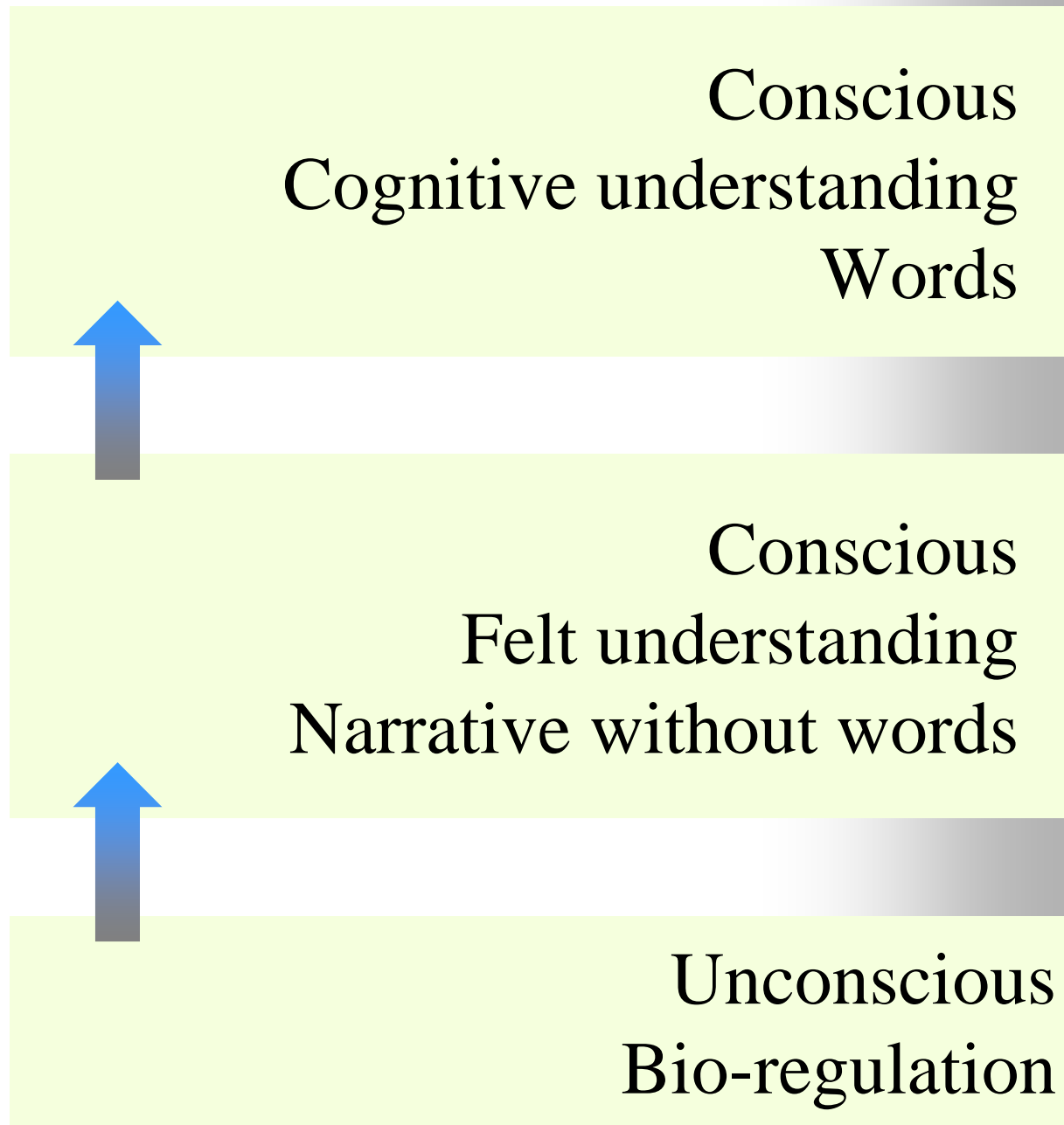
Music &
Person
Based

Gestalt forms

The form of self *is* the form of music

ANALOGY





Vitality affects in the core self

▶ **Vitality affects:** dynamic, kinetic qualities that form our feelings, thoughts and behaviors. Like: exploding, crescendo, decrescendo

▶ **Vitality affects** are formed by parameters such as rhythm, tempo, dynamics, structure

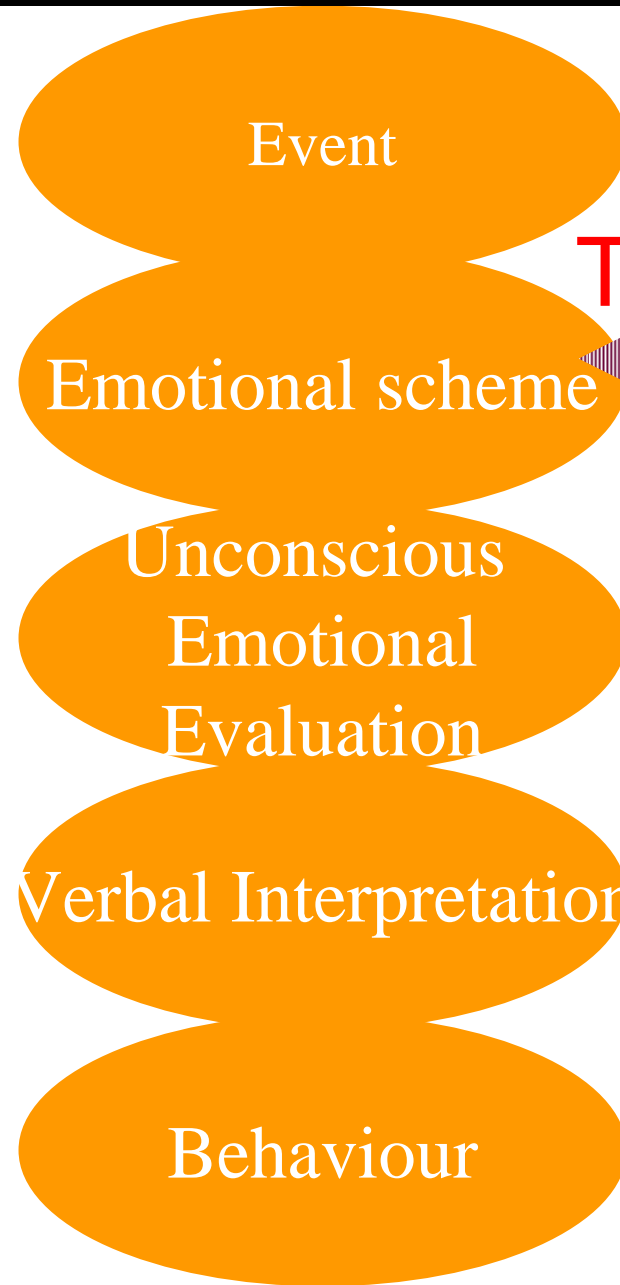
▶ **Cross-modality:** we are able to express and experience our vitality affects in musical forms

Experience in the present moment

- ▶ **Present moment:** awareness at this moment, the ‘lived experience’ of vitality affects
- ▶ **Musical phrase:** the present moment feels like a musical phrase; it is possible to match our felt inner state with musical forms
- ▶ **Concepts, words and figures:** are unable to express the feelings of the present moment. They are able to describe the present moment when it is over (the ‘après coup’ experience)

Emotional schemes in the core self

Emotion
focused
therapy



THERAPY

*Changing
emotions
by means
of
changing
emotions*

Extended Self

(conscious,
cognitive,
verbal)

Core Self

(conscious,
felt, intuitive,
nonverbal)

Feeling states

(background feelings,
emotional schemes)

Vitality affects

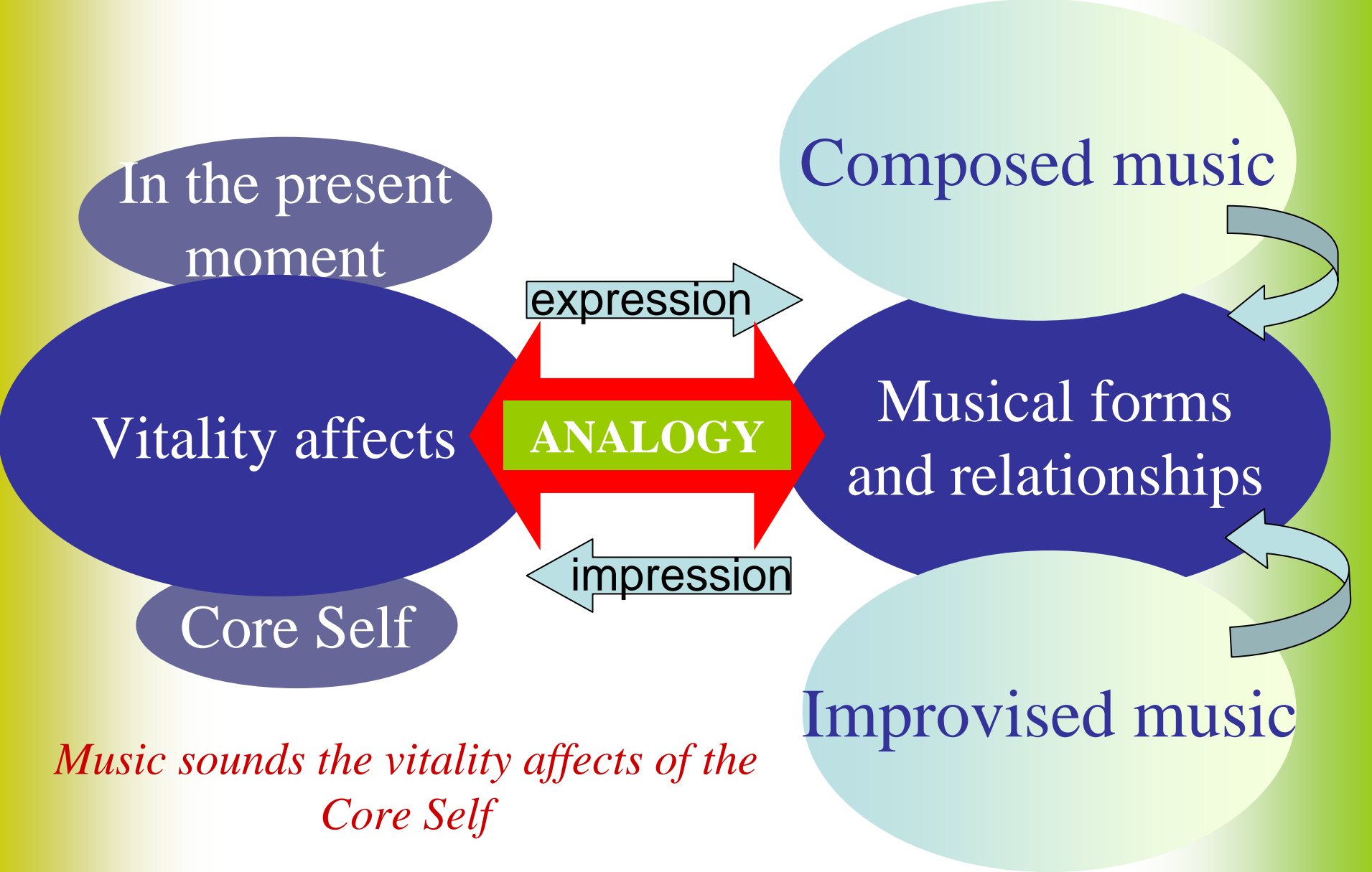
(rhythm, tempo,
dynamics, forms)

P R E S E N T M O M E N T

Proto Self

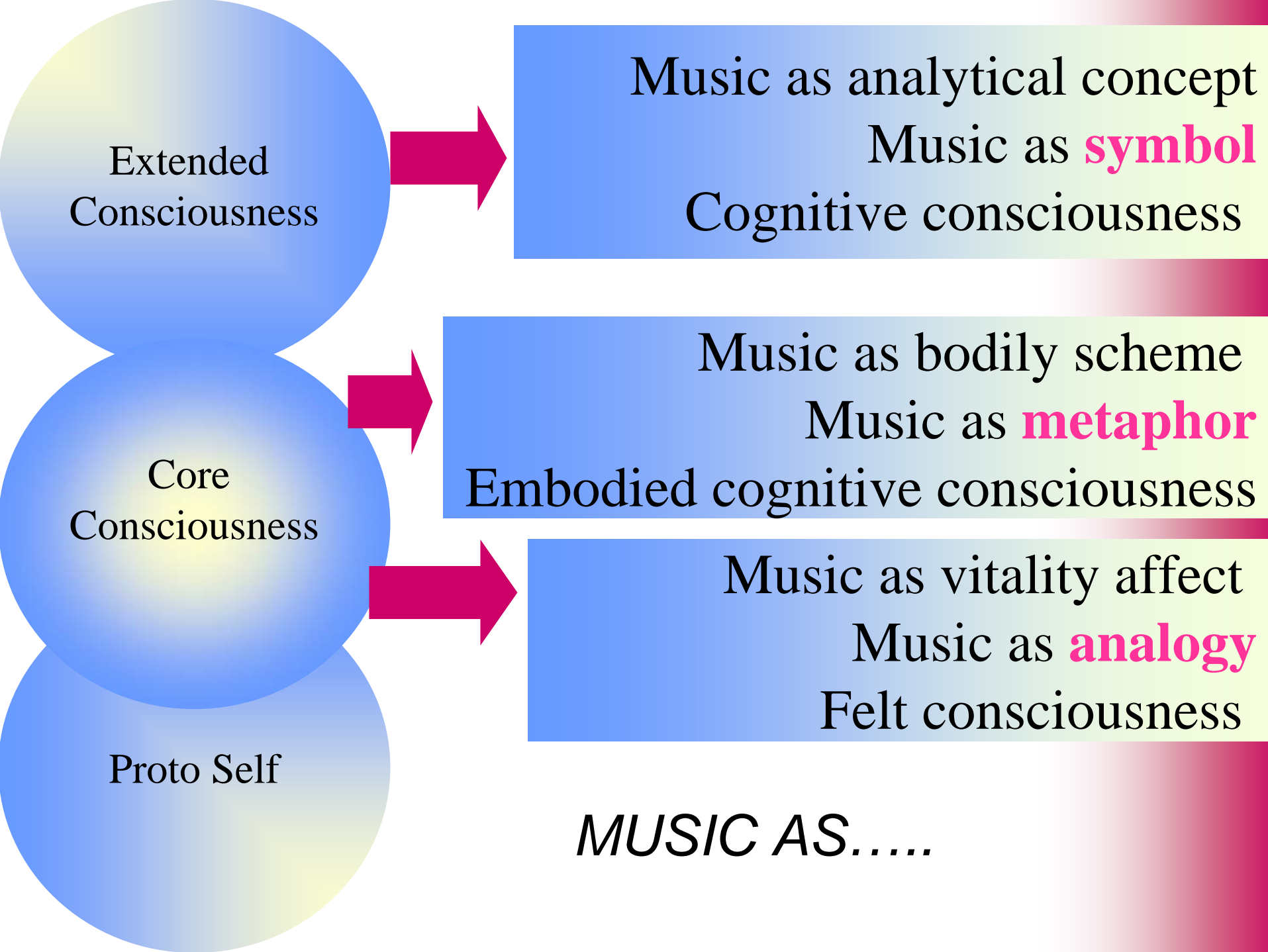
(bio-emotional,
unconscious)

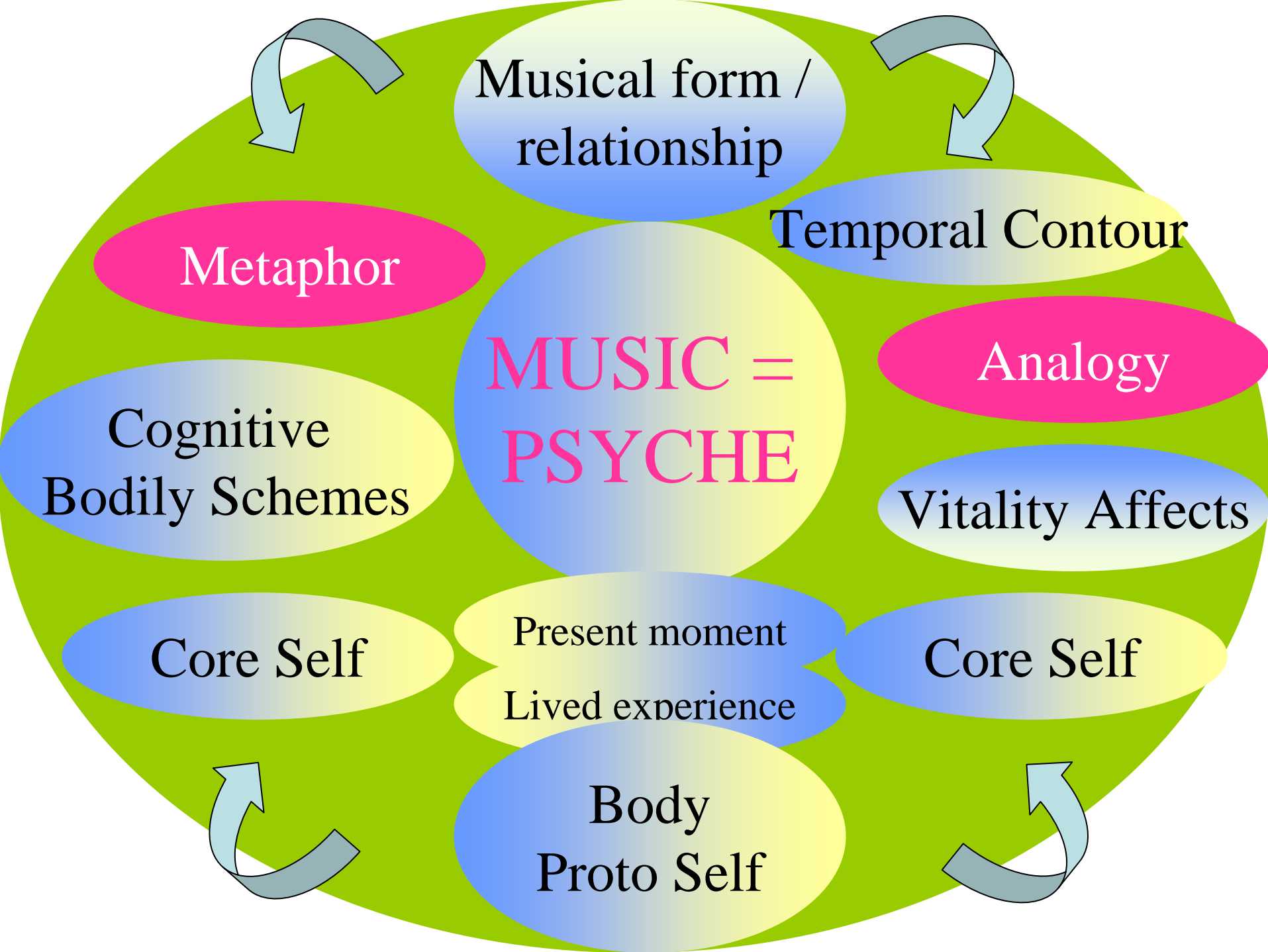
**DAMASIO &
STERN &
GREENBERG**



Music sounds the vitality affects of the Core Self

Music enables finding new and positive experiences in the Core Self





Cognitive bodily schemes (embodied cognition)

Metaphor

Up-Down

Part-Whole

Source-Path-Goal

Inside-Outside

etcetera

Vitality affects (felt consciousness)

Analogy

Accelerating-Slowing down

Weak-Forceful

Crescendo-Decrescendo

Stable-Unstable

etcetera

How we and clients experience being in the music

II DIALOGUES



With
musicology
psychology
psychotherapy
neurology

In research

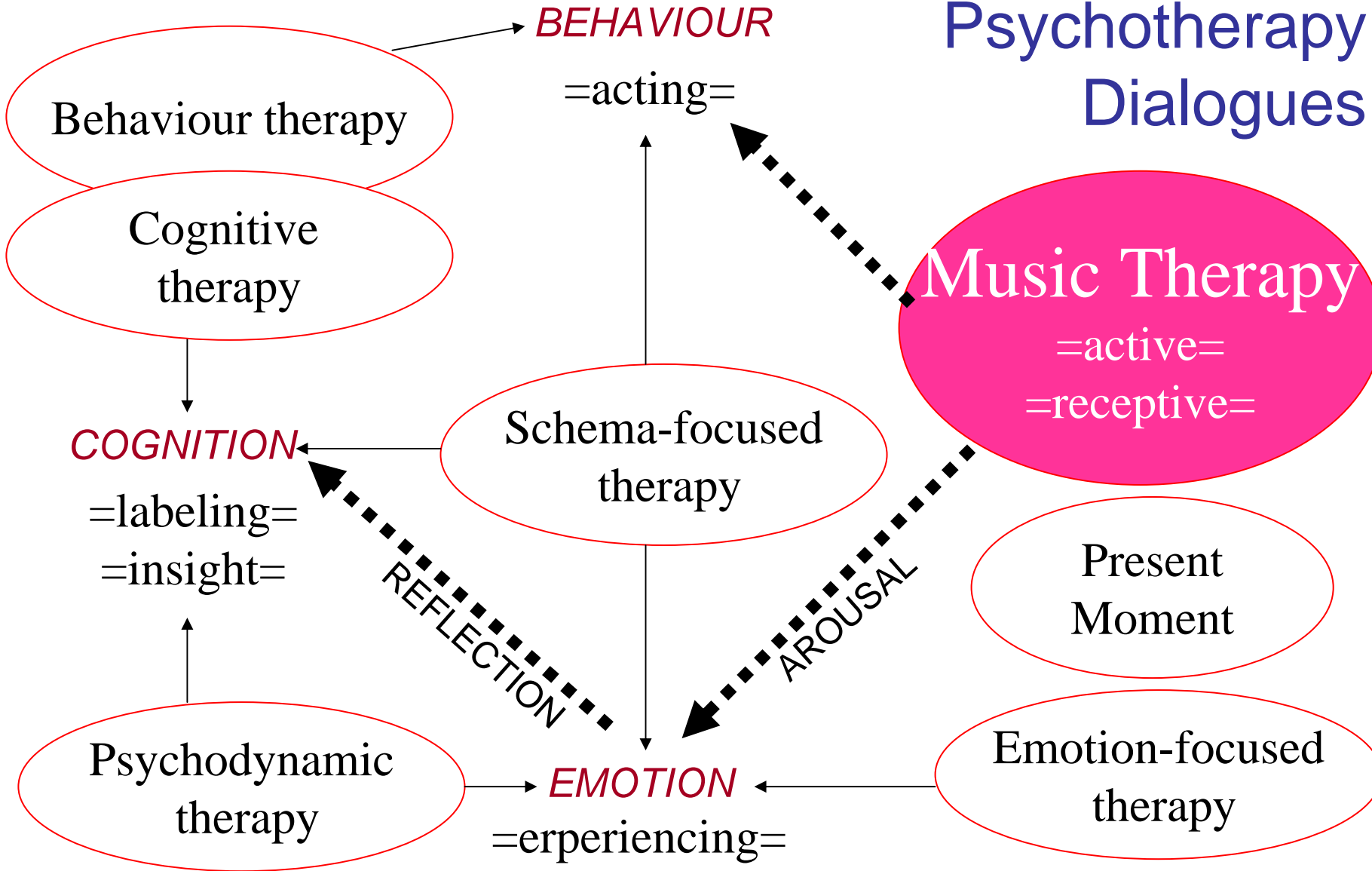
Dialogues

In theory

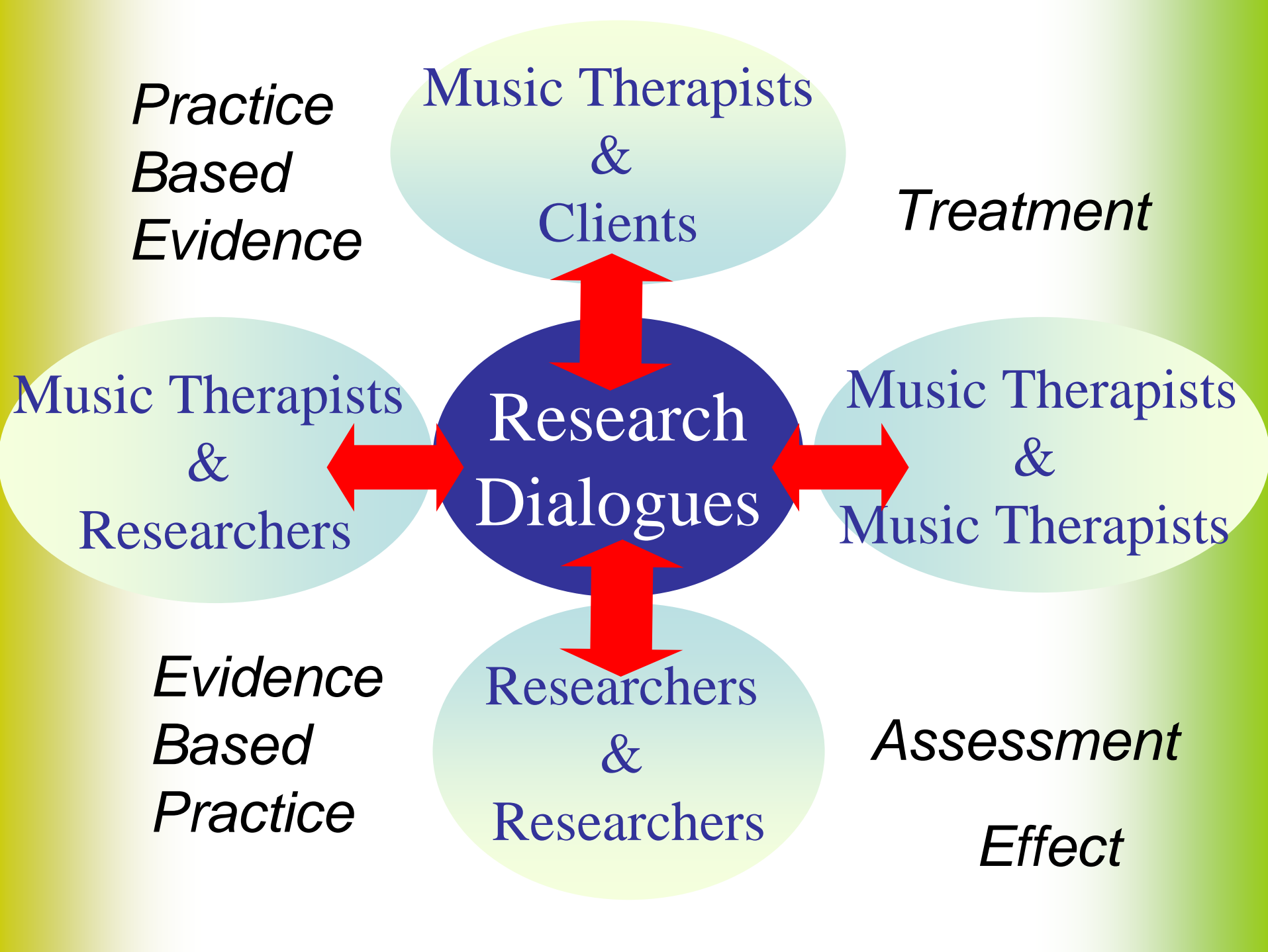
Behavioural: exploring healthy behaviours

Psychotherapy Dialogues

Cognitive: changing dysfunctional beliefs



Experiential: expressing negative emotions and exploring positive emotions



Musicing
Salutogenic

Music based
therapists

Metaphor

Theory
Dialogues

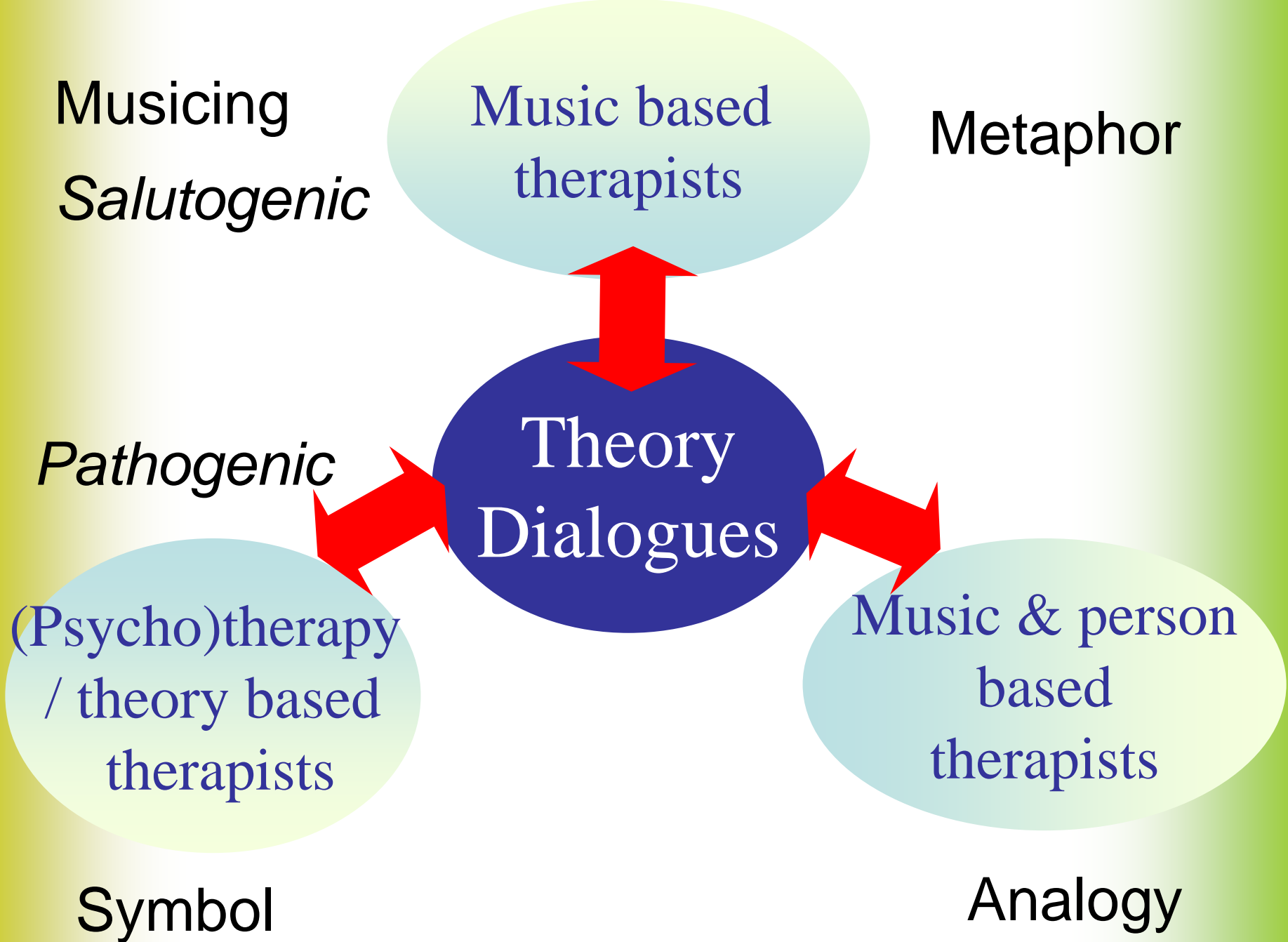
Pathogenic

(Psycho)therapy
/ theory based
therapists

Music & person
based
therapists

Symbol

Analogy



III
State of the Art
in
The Netherlands





Methods

Process treatment
(person centered)

Non-protocolled,
Unique interaction
(tacit knowledge)

Practice based
Evidence
(process)

Product treatment
(problem focussed)

Consensus based
Protocols
(manuals)

Evidence based
Guidelines
(effect)

Training

Bachelor

Reflective practitioner

Master

Scientific practitioner

PhD

Scientist



Research

Quantitative

RCT

CCT

Outcomes
research

Single case
research

Qualitative

Constructivistic inquiry

Grounded theory

Change process
research

Phenomenology

Action research

Handbook Music therapy 2006

Diagnoses, Goals, Treatment methods,
Effects, Rationales

Research methods, Guidelines, Theoretical models

**Evidence
based practice**

**Practice based
evidence**

Co-creation of:

Music therapists

KenVaK researchers

Researchers from
other Dutch
Universities

Psychiatry

Forensic psychiatry

Child psychiatry

Mentally handicapped

Medical settings

Psychogeriatry

Traumatized

Have an
inspiring congress

With many dialogues

Thank you
for listening

References

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