

TITLE

Side by Side – from Music Therapy to Music Medicine and back

ABSTRACT

Development in music therapy practice, research and education has been dynamic and intense during the last 10-15 years. A big part of music therapy practice is conducted in the context of medicine and rehabilitation. This clinical work is similar to the near professions, and the procedures from referral to assessment, and from intervention to evaluation are following the formal practices of the institutions offering these services. The availability of music therapy services varies a lot, and there are both institutions with a long history of systematic development of practices, but also units without any proper understanding of the possibilities of using music and sound as part of care and rehabilitation offered. In spite of the dynamic development in the field of music therapy, the implementation of new knowledge is relatively slow, and it even may take some 5-10 years to apply new ideas or research findings into practice. To be able to conduct high quality and highly relevant studies within the field of a developing form of treatment or therapy requires very careful preparation. This also means that the intervention to be studied should be optimised, and in case of music therapy or music medicine, the interventions are usually complex, and therefore they need to be properly modelled. In preparation stage and when modelling the intervention, the knowledge exchange between clinical reality and research team is crucial. The same systematic exchange should also happen another way around when implementing the findings and knowledge gained from studies into practice. The presentation discusses the dynamic 'side-by-side' development of music therapy and music medicine, and how to make them inform each other in optimal ways.

Keywords: music therapy, development, implementation