

TITLE

Music Therapy – from an exotic subject to a state-of-the-art discipline and profession

ABSTRACT

A brief introduction to the history of music therapy in Germany shows that vital impulses for the development of music therapy and music medicine in Germany, Western-Europe, and the Eastern countries (Hungary, Russia, Taiwan, Japan) emanated from the Hamburg University of Music and Drama. As an unusual step for a university of arts a doctoral program started in the early 1990th with more than 40 doctorates since then, followed by the foundation of a counselling center for musician's illnesses, and later joined by the research center for music medicine. In 1996, 54 nations with 2000 participants came to Hamburg for the VIII World Congress of Music Therapy.

From the very beginning music therapy in Hamburg started cooperating with medicine. Medical experts from internal medicine, neurology, psychiatry, pediatrics, anesthesiology and pain medicine as well as occupational health are essential part of the teaching team. For decades there is a routine collaboration with the University Hospital Hamburg-Eppendorf (UKE) with several common research and teaching activities.

This introductory lecture also shows the diversity of music therapy and gives a brief insight into the theoretical background by means of selected examples. Furthermore, an overview of music therapy research results in meta-analyses and of music therapy in the guidelines of AWMF, the Association of the Scientific Medical Societies in Germany, will be given. In conclusion, the role of music therapy in medicine and public health is reflected.

Keywords: music therapy – music in medicine - history - theoretical background - research