

TITLE

Contemporary approaches to music therapy in psychotherapy and psychiatry

ABSTRACT

Working with music therapy within a psychotherapeutic understanding in psychiatry has a tradition of over 50 years.

Free and spontaneous musical improvisation creates a connection between patient and therapist through which a complex relationship can become audible. In contrast to conversation, simultaneous interaction is possible in musical improvisation. The therapeutic relationship as a central effective factor in psychotherapy is presented from the perspective of music therapy.

Playing and listening to music touches us as human beings and therefore the emotional and tangible experience is of essential importance in music therapy. Music can be used to promote strengthening and vitalising feelings, but also in alternation with verbal reflection to cope with difficult and unbearable affects.

Modern approaches such as epistemic trust or intersubjective understanding as the basis of the mentalization concept (Fonagy et al. 2019) are presented in connection with short vignettes from psychiatric group music therapy.

The paper concludes with exemplary research results from the field of psychiatric music therapy and takes a glance at future tasks.