

From a music therapists' diary 3/12 1996 - 2/12 1997

work with ten mentally retarded people in four groups + Gerhard alone. Usually no or little verbal language - improvised music is the medium

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FROM A MUSIC

THERAPIST'S DIARY

3/12 1996 - 2/12 1997 (Work with
ten mentally retarded people in four groups
+ Gerhard alone. Usually ^{no} or little verbal
language - improvised music is the medium).

These graphic sketches are from
a period of one year. They
were made right after the
sessions. Purpose was to
investigate possibilities in
graphic representation and to
let various observations and
thoughts about the therapy
become graspable. Around one
third of the total quantity
has been selected here. The
sketches have been drawn
again, but only with minor
improvements. The place was
SUKA, Copenhagen, Denmark.

Cole Bergström-Nielsen 1998.

3/12 96

Ivan's vocal sounds:



- a very definite repertory!

4/12 96

Gerhard arrived in an irritated and withdrawn state of mind. But after a good amount of music having been made, this seemed to happen:

Gerhard
(drum)

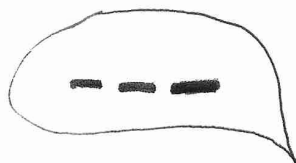


I'm angry, but
how it's sort
of under control

Yeah,
right



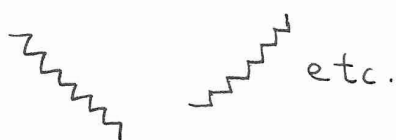
Carl
(drum)



Oh, very
good indeed

18/12 96.

Åse's piano playing:



BEFORE



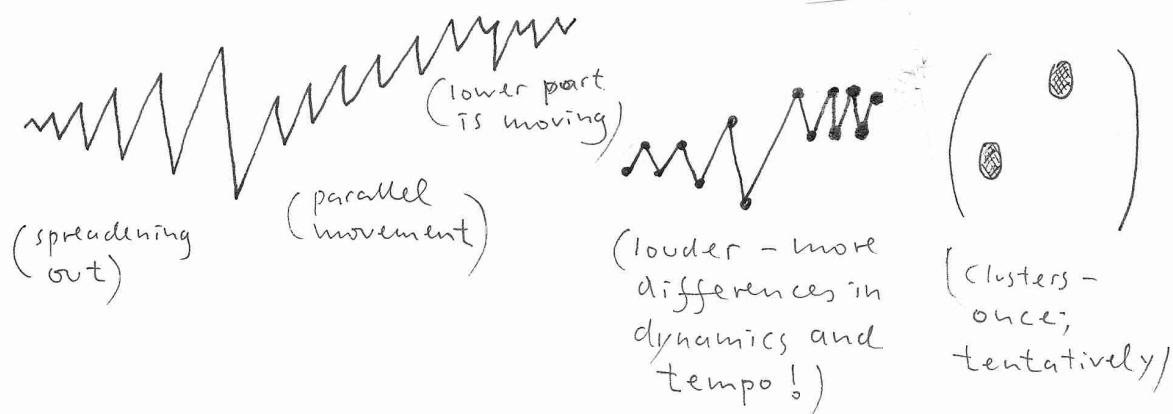
(elegantly, like jazz)

NOW

What a difference!

7/1 97

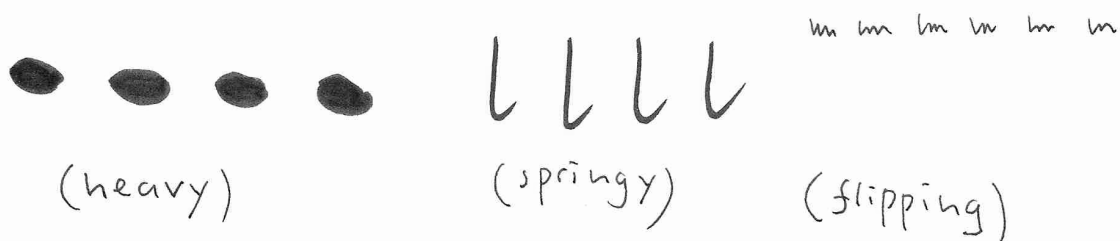
Karen's piano playing (two fingers)



14/1 97

Hans - on piano, both hands, clusters.

new kind of pulsating playing, with variations of tempo and character:



29/1 97

I WANT TO MAKE MY OWN THING, ALONE

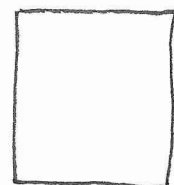
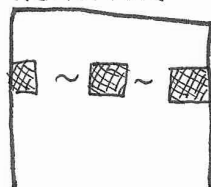
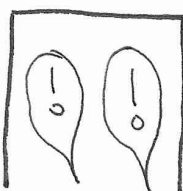
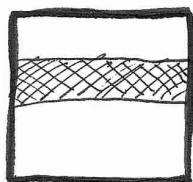
LISTENING!

CARL TRIES TO MAKE HIMSELF HEARD - A SLIGHT REACTION

GLIMPSES OF INTENSE DIALOGUE

REST - SILENT, WITHDRAWN

Gerhard



Carl

~ ~ ~
(VOICE)



(DRUM)

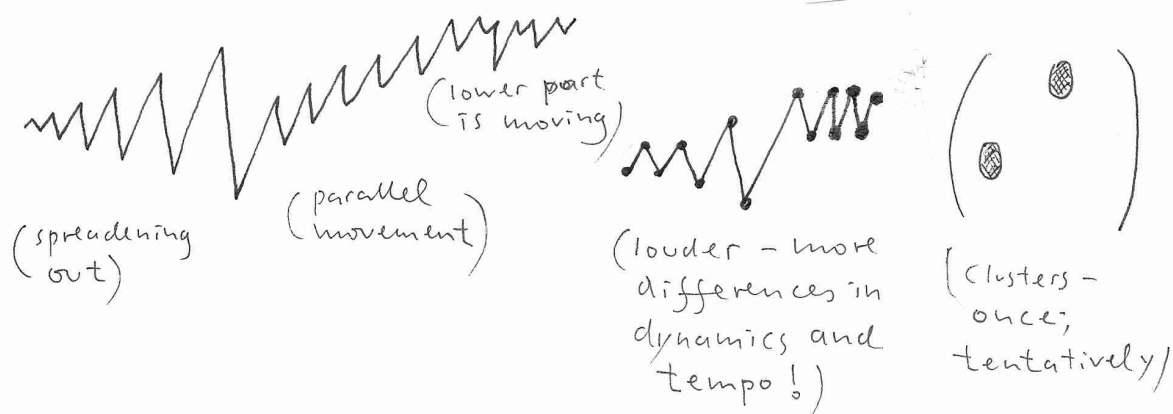
... m m
~ ~



~ ~ ~

7/1 97

Karen's piano playing (two fingers)



14/1 97

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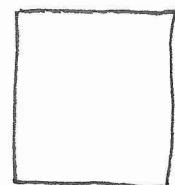
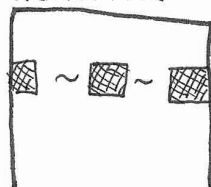
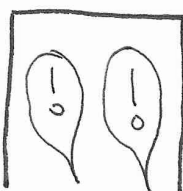
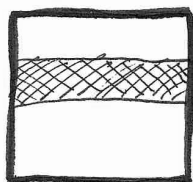
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REST - SILENT, WITHDRAWN

Gerhard



Carl

~ ~ ~
(VOICE)


(BELL)

(DRUM)

... m m
~ ~


~ ~ ~

21/1 97 (Inspired by success with Ivan to-day)

(3)

WHY ARE DIALOGUES SO IMPORTANT?

THEIR FORM CONSISTS OF SHIFTS:

first me

then me

- etc.

then you

then you

AND DURING THE SHIFTS THERE IS A SPECIAL MUTUAL ATTENTION, AND NORMALLY EYE-CONTACT:

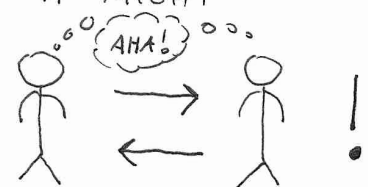


WHEN THIS HAPPENS MANY TIMES, WE WILL HAVE BOTH THE POSSIBILITY OF CONCENTRATING ON THAT WHICH WE WANT TO SAY - WHICH IS NICE - AND OF HAVING THE OTHER PERSON'S ATTENTION - WHICH IS ALSO NICE - AS WELL AS THE OPPORTUNITY TO TRAIN OUR ATTENTION TO THE OUTER WORLD AND OUR CAPABILITY TO WAIT A MOMENT. AND DURING THE DIALOGUE IT MIGHT BE THAT

THAT WHICH
THE PERSONS
WOULD LIKE
TO EXCHANGE



IS
ACTUALLY
EXCHANGED



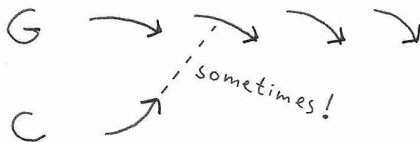
19/2 97

Carl's roles towards Gerhard:

SEEKING
DIALOGUE

SUPPORTING
(WITH ACCOMPANIMENT)

WAITING



26/2 97

Carl's role towards Bente and Henrik:

TO SUPPORT
and to signal:
"It's OK" with
a quiet background

TO REINFORCE
and to
encourage
individual
expression

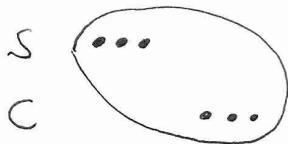
TO SUPPORT
and to signal:
it's time to
become quiet,
to slow down.



18/3 97

Carl/Sanne (SCHEMATIC DEPICTION)

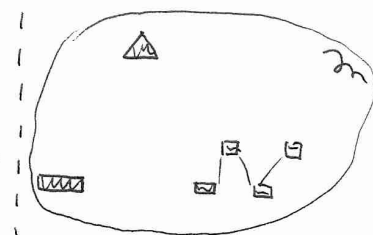
SOMETHING'S
BEGINNING



OH! YES!



SPLENDID!



BOTH
SHARP
AND
SOFT



... DRUM

Mouth HARP

~ SOFT VOICE

^ SHARP VOICE

△ FLUTE

22/4 97.

(5)

ONE COULD EMPLOY SIGNS WITHIN GRAPHIC NOTATIONS FOR EYE CONTACT (THINKING ESPECIALLY OF IVAN), FOR A-WAITING-FOR-RESPONSE-ATTITUDE AND FOR A NON-VERBAL REACTION (THINKING ESPECIALLY OF SANNE AND GERHARD) :



14/5 97 - AND
THIS ONE, TOO :



(FOR: "LISTENING"!)

1/4 97

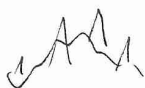
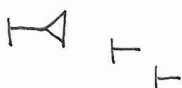
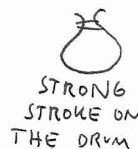
NEW VOCAL SOUNDS FROM IB - LIGHTER
IN TIMBRE, MORE LIKE "EEE" THAN BEFORE:



etc.

29/4 97

Sanne - today:



28/10 97

SEE 22/4 - THESE MIGHT
APPLY ALSO:



(PAUSE)



(SMILE)

(THE SIZES OF THE BAGS SUGGEST THE
RELATIVE QUANTITY OF THE DIFFERENT SOUNDS).

23/9 97 .

6

Sunne .

ENERGETIC
SOUND

LAUGHTER

VARIOUS BALLS ARE THROWN INTO PLAY ...



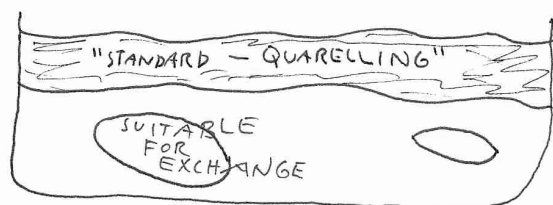
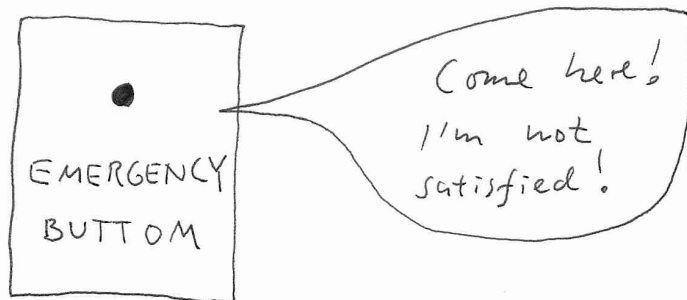
THERE IS A
FLICKERING
BETWEEN



AND



SOMETIMES, COMMUNICATION WILL BE
USED AS AN



IT'S A JOB FOR THE THERAPIST TO "SKIM OFF"
THAT WHICH IS NOT IMPORTANT.

9/9 97

⑦

A NEW SOUND FROM OLE:

DEEP AND

CALM

~ ~ ~ ~ ~ (etc.)

- in contrast to the
more twittering sounds!

1/10 97

Gerhard - almost one long solo:

~~I WANT TO DO IT MYSELF! ALONE! I WANT TO DO IT MYSELF! ALONE! I...~~
~~(etc.)~~

26/11 97

(Gerhard)

SOMETIMES, A SOUND FROM ME WILL INSPIRE
HIM TO IMITATE IT IN AN AMPLIFIED FORM
(OR, AT LEAST, IT PROVOKES A RISE IN
DYNAMIC LEVEL):

