

Aalborg Universitet

Strengthening the Feeling of Identity and Self-esteem Through Group Music and

Imagery	_			
Pedersen, Inge Nygaard				

Publication date: 2012

Document Version Early version, also known as pre-print

Link to publication from Aalborg University

Citation for published version (APA):

Pedersen, I. N. (2012). Strengthening the Feeling of Identity and Self-esteem Through Group Music and Imagery. Abstract from ENGIM Conference, Vadstena, Sweden. http://www.expressivearts.se/Filer/Book-ofabstracts-2.26-augdocx..pdf

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
 You may freely distribute the URL identifying the publication in the public portal -

Take down policy
If you believe that this document breaches copyright please contact us at vbn@aub.aau.dk providing details, and we will remove access to the work immediately and investigate your claim.

Paper 12

Strengthening the Feeling of Identity and Self-esteem Through Group Music and Imagery

Inge Nygaard Pedersen, FAMI

This lecture is related to Lars Ole Bonde's Keynote presentation, as we performed together several groups in the moderated GIM format of "Group Music and Imagery (GrpMI)" for psychiatric outpatients (adults) with a GAF score higher than 31 and with McGlashan's Relational Level of Process higher than 4 in the years 2008 – 2010.

I will present two case studies concerning two of the participants taking part in these group experiences. Focus will be on developments in the self-reported problem area of 'strengthening the feeling of identity and self-esteem', which both clients chose among different possibilities.

The two clients were assessed and showed very different ways of responding to the same piece of music before start of treatment. One experienced imageries as a film, the other mostly experienced the music through the body. I will relate their processes to a local theory model of being present called: The three imaginary 'being present'- and communication 'spaces' - the private space, the social space and the soloist space.' This model offers an overall way of understanding one's way of being present in the world (existentialistic understanding) and relating dynamically to others (psychodynamic understanding). I will present selected excerpts of the client's processes such as the music they listen to, mandalas, narratives and their closing self reported outcome of the treatment. I will relate this to the theory model and show how strengthening of the feeling of identity and self-esteem through Group Music and Imagery can be understood through this theory model – also for psychiatric patients.

References:

Bonde, L.O. (2011). Musiklytning og indre billeder som klinisk vurderingsredskab.

Assessment i receptiv gruppemusikterapi med ambulante psykiatriske patienter.

(Music listening and inner imageries used as clinical evaluation tools. Assessment in receptive group music therapy with psychiatric outpatients). I: Bonde.L.O.(ed.) Musikterapi i psykiatrien. Årsskrift 6. Aalborg. Aalborg Psykiatriske Sygehus. Aalborg Universitet. s. 38 - 55

Bonde, L.O. (2010) Music as support and challenge – Group Music and Imagery with psychiatric outpatients. *Jahrbuch musiktherapie Bd 6: Imaginationen in der Musiktherapie. Wiesbaden: Reichert.*

Pedersen, I.N. (2002) Psychodynamic Movement – A Basic Training Methodology for Music Therapists. I: Eschen, J.T. *Analytical Music Therapy*. London. Jessica Kingsley Publishers. p. 190 - 215

Pedersen, I.N. (2006) "From in-side or from out-side" – The therapist's orientation in therapeutic presence and attentiveness. In: Pedersen, I.N. Counter transference in music therapy. PhD Dissertation. Aalborg University. p. 93 – 116

Inge Nygaard Pedersen, GIM fellow 2004. Trained by Ken Bruscia.

Diplomed Music Therapist. Herdecke. Germany.1980.

MA Music science. University of Copenhagen. 1981

Professor with special tasks. PhD. Aalborg University. Head of music Therapy Clinic. Aalborg Psychiatric Hospital. innp@rn.dk.