**Supplementary material: *Exploration of non-verbal interactions between music therapists and persons with dementia living in nursing homes***

**Individual Distilled Essence (step 5)**

1

The music therapists' lived experience descriptions are very different and deal with both individual and group music therapy as well as contact with the nursing staff. Both when interacting with the citizen and in communication with caregivers, the music therapists identify and utilize attuned musical interactions

The lived experience descriptions depict person-tuned musical interaction as vivid dynamic experiences of the vitality between the person/group/caregivers and the music therapist. The dynamic experiences can, for example be a warmth, a relief, a brittleness or harshness in interaction. Musical parameters such as tempo, timing volume and sound are important sources of information that the music therapists sense bodily and with great sensitivity. The musical parameters guide the music therapists in tailoring their interventions to the person's condition and needs and thus contribute to meetings characterized by concurrence.

The sensation of the dynamic experiences is described by the music therapists as a counter-transference that they are able to identify in the situation. Counter-transference experiences bring the music therapists information about the person that can be used to select and time the music intervention. Particular dynamics and dose of musical interaction are attuned through counter-transference experiences.

The music therapists regard empathy, acceptance and recognition as essential in their work and strive to create meetings with the person with dementia characterized by these concepts. Respect for the person’s boundaries is furthermore important and a prerequisite for creating a person-attuned interaction.

Self-contact and presence are emphasized by the music therapists as a requirement for being able to create authentic contact with the person and in the interaction, they use themselves and their own emotions actively, musically and dynamically.

2

The “lived experience descriptions” depict the music therapists' musical interactions with persons with dementia. The tempo, rhythm, timing and musical preferences of the person with dementia guide the music therapist's interventions and facilitate contact and communication with the person, which can be otherwise difficult. The music becomes a language between the person and the therapist and the music therapists express great gratitude and joy in being able to use the music to reach the person.

To match the musical expression of the person with dementia, the music therapists attune their interaction to the gestures, mimics and sounds of the person with dementia. By tuning the interaction to the person’s bodily and audible expression, the music therapists can create meetings characterized by equality and reciprocity. Mirroring and validating the persons expression both musically and non-verbally is mentioned as a relevant contact-creating approach.

The music therapists use their senses and bodily experience in the contact with the person. The non-verbal interaction is described as dynamic registrations and counter transference that bring the music therapist new information about the person and the needs of the person. The music therapists are aware of the counter-transference experiences and how they can be used in the relationship with the person.

In order to relate and meet the needs of the person, complete openness and closeness is necessary. The music therapists focus on the interaction with the person and do not necessarily expect to get something back. Their presence is given unconditionally and in the relationship the music therapists are open towards where the process will guide them