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Musicoterapia

Estructura y flexibilidad en el proceso de musicoterapia

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Dr. Tony Wigram - 11.6.99

Role Playing Clients: **Training of the 2nd Year Music Therapy Course**

Recommendations:

General Points for Clients:

1. You are role playing, not acting
2. Don't exaggerate your roles
3. You don't play all the time. Often improvisations in groups may only last 4-8 minutes, sometimes less.
4. The descriptions are guidelines. You should NOT carry out behaviours in the descriptions ALL the time - only some of the time. Much of it goes on in your head.

General points for therapists:

1. Try to be stable, centred, calm. Develop a therapeutic presence.
2. Don't talk during improvisations, unless it is really necessary.
3. Don't move around too much, it causes a chaotic atmosphere
4. Position your clients so that you can have easy contact with 2 or 3 at a time
5. For verbal clients, explain carefully what you are asking them to do.
6. Don't be afraid to ask the clients what they want to do - don't try to control everything.
7. Try to do some research on the client groups you will work with: check their diagnostic criteria in DSM IV or ICD 10. Read articles in Case Studies of Music Therapy to see how other therapists have worked - even if they are individual case studies.
8. DON'T play all the time. You can stop. Music is a balance between sound and silence. Allow the silence.
9. Don't have too many instruments around. It is confusing for the clients. You can always bring some more from a corner of the room if necessary.
10. Work to develop musical contact between two or more clients, by using your musical skills to establish common ideas between different people's playing.

BRIEF GUIDELINES FOR THERAPY GROUPS.

GENERAL NEEDS, APPROACH, METHODS

Depressed groups (Groups 1 & 2):

Needs:

- develop self-esteem
- move on from stuck positions in their life
- make decisions
- work through feelings which cause depression
- stop going round in circles
- gain energy

Approach; method:

- give them a chance to decide what they want to do
- help them make decisions
- going from one feeling to another i.e. weak - strong
- use thematic improvisation
- not too much structure
- not too much instructions and control
- help them to validate themselves - don't be their super-ego

Psychotic groups (Groups 3 & 4):

Needs:

- grounding, stabilisation, concrete activities
- reality orientation
- don't believe in or reinforce their psychotic fantasies

Approach, method:

- Help them concentrate and focus on music-making.
- Help them talk about what they are doing, and what it means.
- Use structured, and semi-structured activities
- Contain them, keep calm and stable, hold their focus
- Work on their contact with you AND with each other

Anxiety Group (group 5):

Needs:

- Security, but also coping with lack of security
- To reduce the behavioural manifestation of their anxiety
- To explore the origin of their anxiety (difficult in one session)
- To work with the emotional feelings they experience when anxious

Approach;method:

- Ask them what they want to work on
- Talk about the issues they have and how they will work to develop and progress
- Work on situations that make them feel anxious and situations that make them feel OK - develop improvisations going from one to another
- Not too much structure or direction - they need to learn to manage situations they find difficult.

Handicapped Groups (Autism (grouo 6), severe learning disabled (Group 7):

Needs:

- Flexibility
- Work at their level, use mirroring, matching, copying and accompanying techniques
- They need you to come into their world

Approach; method:

- With both groups, don't be too demanding or confronting
- Listen to what they do first
- Give them a lot of time to respond
- Use very little language - just their names
- Semi-structured approach (welcome songs, improvisation)
- free approach - (work individually within the group)
- Not too much moving around - stay central and stable

Blind Group (group 8):

Needs:

- Feelings of independence, self sufficiency
- working through fears and anxieties, and bad feelings about their impairment
- contact with others

Approach; method

- Ask this group what THEY would like to do, as well as having some ideas you want to work on
- Allow them to choose instruments, and hear what each others instruments sound like - especially in group improvisation. Give them a chance to talk about their experience in improvisation
- one suggestion - record and play back their improvisations

Alzheimers/Dementia Group (Group 9):

Needs:

- Coping and working through loss
- Remembering events and people in their lives
- working with their emotional needs - happiness, sadness, nostalgia etc
- To be listened to

Approach;method:

- NOT starting with a "hello song"
- Can use well known songs and pieces to evoke memories
- NOT free/atonal improvisation
- Structured music
- Help them make decisions, have more control and power in their lives