

Music Therapy with patients with a GAF-score between 40-60

Music Therapist
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Introduction to the case

- Woman – Ida - in the beginning of her 30 – married - two kids
- Borderline personality disorder, depression, bulimia,
- Referred from psychotherapeutic unit after completing day treatment program
- Main complaints:
 - Low self esteem
 - Affective symptoms/depression
 - Anxiety/social related
 - Obsessive behaviour fear of loss of control
 - Self mutilation/scratching her self
 - Bulimia
- Attachment style: Ambivalent avoidant

Music Therapy

- Music therapy ones a week lasting 60 minutes
- Active and receptive
- Goals:
 - Increase self esteem
 - Increase self activation
 - Develop ability for emotional intersubjectivity and intimacy
 - Increase ability to delimit her self in contact
 - Develop trust in her self and others
 - Increase metallization capacity

At the Beginning of the Music Therapy

- Insecure
- Afraid to engage
- Fear of loss of control
- Depression
- Self harming behavior

- Core conflict:
 - Have a desperate need to hide her self. Fear she will contaminate the surroundings and
 - Have a desperate need for recognition and acknowledgement but fear of neglect

GAF-score and McGlashan's relational process level at the beginning of the music therapy

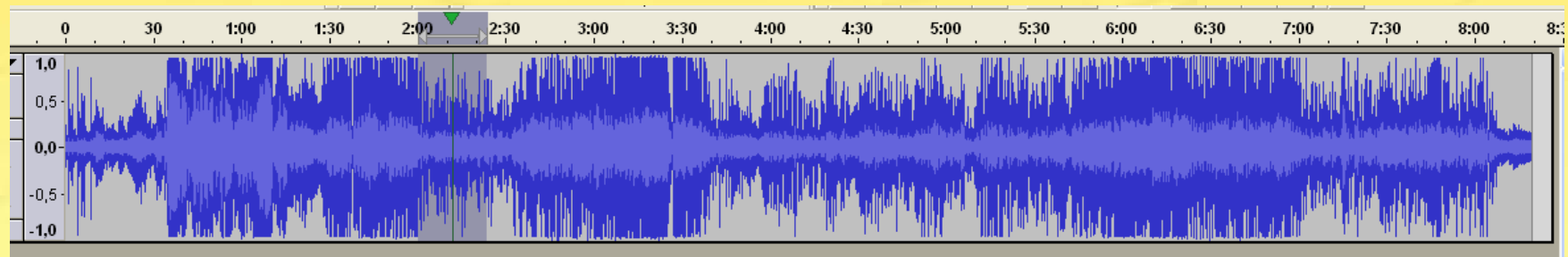
- GAF:
 - Score 41
 - See herself as isolated from the world. Has to protect others from herself
 - Often need help to get to MT
- McGlashan:
 - Level 2 coupling: Whish contact but can't engage emotionally
 - Level 3 attachment: Has developed some alliance to the therapist in Gr.MT

Method

- Improvisational music therapy
 - Increase independency
 - Increase level of expression
 - Increase level of activation
 - Regulation of arousal
 - Regulation of intimacy
 - Develop metallization
- Receptive music therapy
 - Stimulate imagery, symbolization and metallization

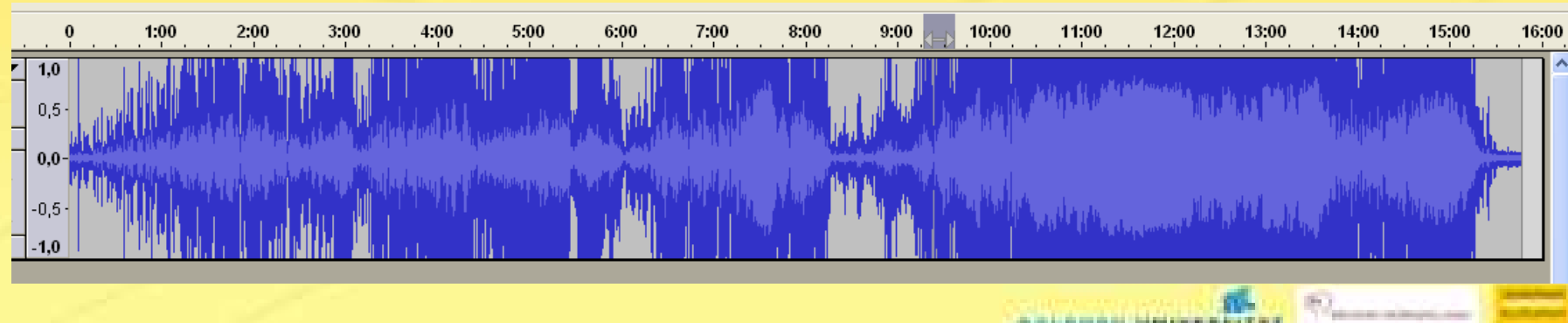
Music example 1 Dependency

- 1. session
- GAF: 42
- McGlashan: 2 linkage and 4 supportive working alliance (SWA)
- PR: Her and now emotions
- Niels: Bas
- Ida: Drum:
 - Stay in the ground, holding a beat, little initiative or independence



Music example. 2 Separation

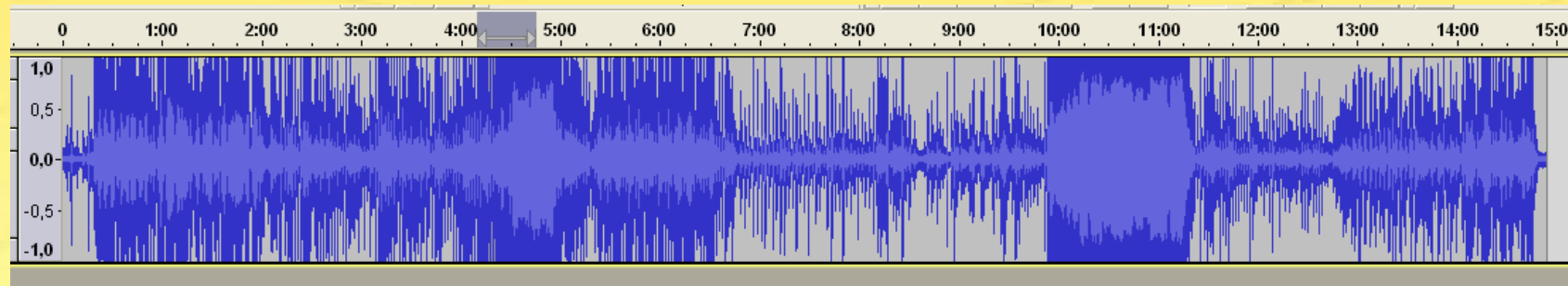
- 23. session.
- GAF: 42
- McGlashan: 4 SWA and 5 communication
- PR: Follow her own impulses
- Niels: Piano
- Ida: Marimba
 - Separation, new direction, new mood



Music example 3.

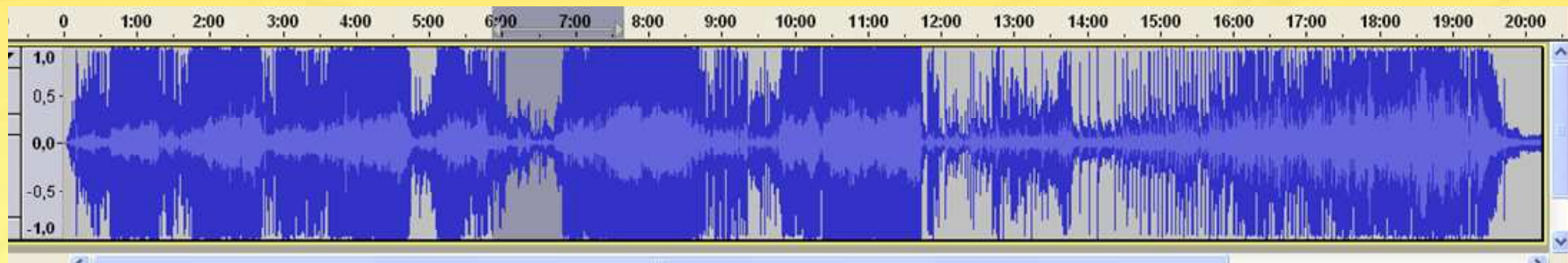
Flexibility and independence

- Session 36
- GAF: 48
- McGlashan: 6 problem solving
- PR: No reference
- Niels: Guitar
 - Provide stability
- Ida: Piano
 - Follow her own flow and establish contact



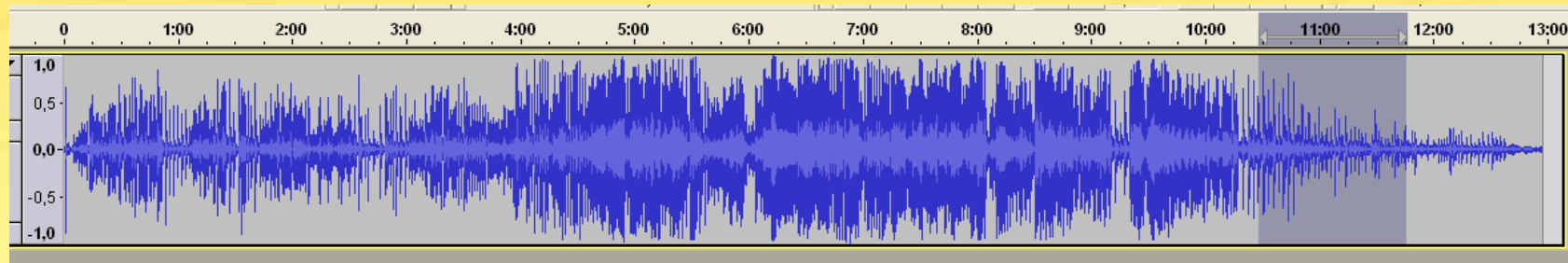
Music example 4. Intersubjectivity

- Session 62
- GAF: 45
- McGlashan: 7 reinforcement
- PR: Two butterflies that wants to get out
- Niels: Keyboard
- Ida: Drum
 - More autonomy, imitative, interaction intersubjectivity



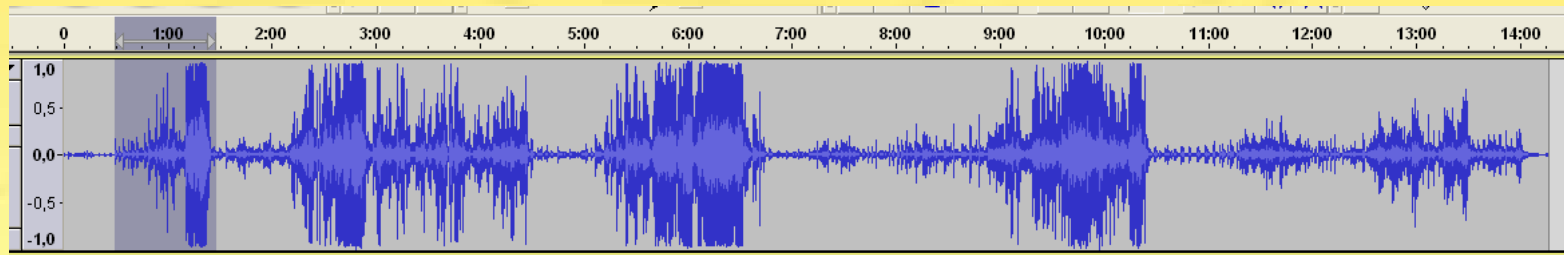
Music example 5. Intimacy

- Session 72
- GAF: 52
- PR: Respect her self
- McGlashan: 6 problem solving and 7 reinforcement
- Niels: Keyboard
- Ida: Piano
 - Intimacy and regulation of frustration



Music example 6. Confrontation

- Session 111
- GAF: 50
- McGlashan: 7 reinforcement
- PR: The need to throw up
- Niels: Base drum: Mirror and pace
- Ida: Piano: Lead
 - The need to throw up. I sad but cant access these emotions. Wants to throw up

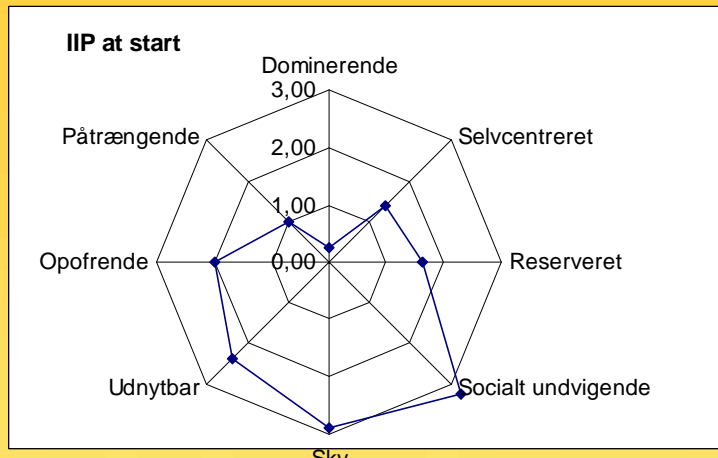


Result (so far) of the music therapy

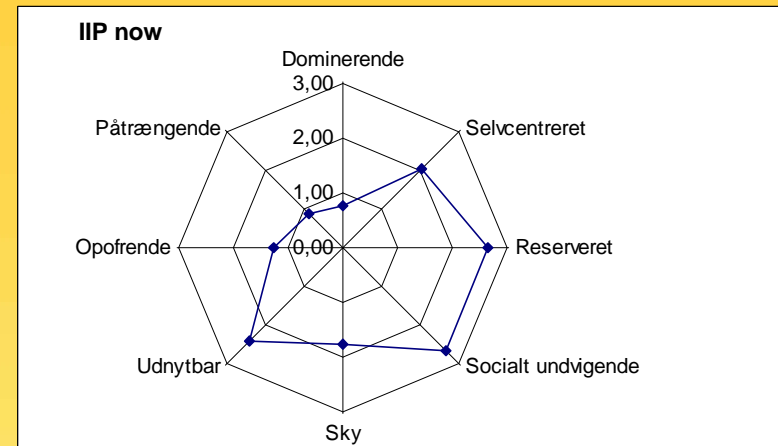
- GAF-score 50 (often between 43-50)
- McGlashan: Often 6 problem solving and 7 reinforcement
- From passivity/dependence to active and beginning separation
- More intersubjectivity
- More respons-ability
- Themes like:
 - Her own space
 - Sharing and being open
 - Unprocessed loss (father)
 - From helpless to powerful
 - Wants to retreat when hurt (attachment style)

IIP

Inventory of Interpersonal Problems



Dimension:	Gnmsnit
Dominerende	0,25
Selvcentreret	1,38
Reserveret	1,63
Socialt undvigende	3,25
Sky	2,88
Udnytbar	2,38
Opofrende	2,00
Påtrængende	1,00
Gennemsnit	1,84



Dimension:	Gnmsnit
Dominerende	0,75
Selvcentreret	2,00
Reserveret	2,63
Socialt undvigende	2,63
Sky	1,75
Udnytbar	2,38
Opofrende	1,25
Påtrængende	0,88
Gennemsnit	1,78