

## Abstract

### The Use of Music Therapy in treating Selective Mutism(SM)

This thesis is the final assignment for Master's degree in music therapy at The University of Aalborg, Denmark.

Based on my clinical experiences gained during 9.semesters practical training I found evident indication that the clients, two teenage girls, approached the music in very different ways.

My main assumption can be summarize in a distinction between music as either a socially or an expressively orientated medium. I outline four musical positions to describe different ways to make use of the music. I underpin this point of view with a sequence of events characterizing each girl.

The thesis explores the use of music therapy in treating SM and presents a qualitative literature review.

The main question concern if the present litterature support a division between socially and expressively functions of the music when dealing with clients influenced by SM.

To understand and discuss the context of the literature - comprising 1 article and 2 PhD. Dissertations – I give a brief introduction to SM. This presentation emphasizes diagnostic standards, co morbid disorders and etiological reflections.

Going through literature it became obvious that while I was focusing on the musical material of the *clients* the literature approached the functions of music from a different angle. The music was mainly described in terms of the musical interventions made by the *therapist*. Therefore, to compare my own assumptions to the experiences described by the authors, I picked out some quotes to underpin the positions I have outlined.

The overall conclusion is that it is possible – according to present literature – to divide the main functions of music into a socially and an expressively position. However this is not revolutionary finding as this is not at all specific for the population concerned with SM. Nevertheless I find it relevant as a therapist to bear these positions in mind to keep track of the basis and the development of the clients.

I believe that through structuring and documenting how music therapy can affect on clients with SM it can become an important supplement to the current treatment offered.

The thesis explores the use of therapeutic songwriting in music therapy. It presents a systematic literature review and explores songwriting in clinical work.

The main question concerns how therapeutic songwriting is used in music therapy, focusing on songwriting techniques and purposes of using songwriting in music therapy.

Data collection and analysis are based on flexible design (Robson 2002). Data material are songwriting literature (115 items, dated 1952-2005; in English, Danish, Norwegian) and interviews with three Danish music therapists.

The thesis is based on ideas from Social Constructionism and the Narrative Perspective, and the analysis takes inspiration from Grounded Theory and Hermeneutics.

The conclusion focuses on defining songwriting as a multifaceted field based on a variety of songwriting techniques.

The analysis of purposes (comprising purposes, outcomes and goals), is achieved through analysis perspectives, resulting in 8 areas (+ performance). Four of these are relevant to the interview data: Commu

Music Therapy in oncology – The use of Guided Imagery and Music method in the treatment of cancer patients.

Increased consciousness of the interaction between mind and body calls for a new approach in which music therapy comes in strong as a new method of treatment in addition to the traditional ones.

The author focuses on psychosocial needs, defence mechanisms and coping methods of cancer patients and music therapy as a therapy treatment for this group. The therapy method

“Guided Imagery and Music” is introduced and the primary studies of that therapy method in treatment of cancer patients and the therapists ideology behind the therapy is analysed.

Three women diagnosed with cancer received music therapy at the maximum of ten sessions each. At the beginning and end of treatment they filled out a questionnaire - Herth Hope Index and at the beginning of each session a questionnaire which observed the usefulness of music therapy for the person in question. Other data from the treatment were also used for the research.

The purpose of the research was to study the influence of music therapy on the patients condition. The research is mostly qualitative (the exception is the quantitative instruments).

The results were processed from data from t The results showed that the three patients made use of the method in very different ways.

Positive effects were detected in various ways, on both psycho-social and bodily needs.

The author concludes that the research gives merit to further studies in this area and recommends that researches with mixed methods (both quantitative and qualitative) will be used. This research is therefore best used as a pilot-research and its positive results encourage further work and research of the therapy method.