

The first aims to facilitate a further understanding or conscious and unconscious processes by the individual, reconstruct the whole building of the personality or reeducate, by modifying behavior and readjust environmental settings. The latter is based on a kind of support provided to the client by the therapist with the aim of supporting and building up the individual's Ego, with no attempt of systematically reconstructing personality. This kind of music psychotherapy can have a long-term or short-term character, helping a wider audience of clients comparing to the insight therapy (Scheibly, 2004).

According to Scheibly (2004), Analytical Music Therapy is both supportive and insight form of psychotherapy, filling the gap between this two kinds. AMT was founded and developed by Mary Priestley at the end of the twentieth century (1990s). In her book "Essays on Analytical Music Therapy" (1994, p. 3), Priestley defines AMT as "the analytically-informed symbolic use of improvised music by the music therapist and client. It is used as a creative tool with which to explore the client's inner life so as to provide the way forward for growth and greater self-knowledge". With this definition, Priestley settles one of the pillars of modern music therapy, an analytical model, indirectly inspired from classical Freudian psychoanalysis and wider psychodynamic perspectives of Jung, Klein and Adler. The term "analytical" is also something that justifies the function of verbal processing in the session, because the client uses musical improvisation in combination with verbalization of this experience, in order to interpret his/ her actions, emotional states, cognitions and physiological reactions. We can claim that, contrasting with classical "verbal" psychotherapy of this school, musical improvisation replaces free association of psychoanalysis. These facts are initial evidence for the psychodynamic character of AMT, namely the search for the unconscious and inner life, the amplification of Ego and Conscious and the process of this accompanying verbalization.

AMT can also be referred to as psychodynamic, due to the dynamic relationship that AMT demands to function. This relationship, built on the principles of transference and countertransference, is active. The session forms an encounter that takes place through mutual improvised musical production and is followed by conversations also held before the therapeutic encounter. As M. Langenberg claims (2004), this combination of mutual and verbal creates a comprehension, a more efficient way to interpret, understand and manage the therapeutic outcome. The resulting triad (encounter-production-management) is a vital part of the active treatment process, as the improvisation gives birth to the treatment piece. Via production and verbal comprehension of this piece, the therapist and the client experience transference and countertransference and elaborate their therapeutic contract (Langenberg, 2004). In fact, this amount of procedures is an expansion of the psychodynamic perspective, a fact that makes AMT a psychodynamic therapeutic model.

a. Goals and techniques

a.1 General characteristics

Psychopathology has a wide reach and traditional or modern forms of therapy make efforts to alleviate psychic pain and disorders. AMT, as one of these models, can have a successful result on individuals from the following populations: geriatric clients, victims of any kind abuse (physical, sexual, emotional), psychiatric inpatients, clients with eating disorders and neurological rehabilitation or mental retardation clients. As we have mentioned, AMT combines mutual musical production with verbalization of the whole experience before and after the encounter. So, clients physically unable to verbalize do not profit as much as other categories, but the can of course success and benefit from the procedure, finally attaining a therapeutic change (Scheibly, 2004).

Essays On Analytical Music Therapy

Marco Cascella



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