Preface

This book is an offspring of basic ideas from one of the central debates of the Ninth World Congress of Music Therapy (Washington 1999), entitled *The Special Track on Five International Models of Music Therapy*, which was divided thus:

- Analytical Music Therapy – Mary Priestley and Johannes Th. Eschen;
- Behavioral Music Therapy – Clifford Madsen;
- Benenson Music Therapy – Rolando Benenson;
- Guided Imagery and Music – Helen Bonny;

This track – devised by Kenneth Aigen (International Scientific Committee Chair) and coordinated by Dr Kenneth E. Bruscia – brought together so many important lecturers in different fields within Analytical Music Therapy, that I suggested collecting and revising these lectures, and then publishing them, in order to deepen the understanding of:

- how Analytical Music Therapy (AMT) came into being;
- what AMT is (theory) and can do (practice).

We also hope to inspire different views:

- on some of its facets;
- on adjoining fields (for example, psychodynamic movement);
- and on AMT training.

As in other disciplines, we find in AMT different ideals and practices, especially in the core of AMT training, for example, *Lehrmusiktherapie*, ‘Self-Experience for Music Therapy Students’, ‘Experiential Training in Music Therapy’, and so on.

We hope this book will mirror these differences and will enhance future dialogues and further developments.

*Johannes Th. Eschen*
## Contents

Preface  

### Part 1

1. **Analytical Music Therapy – Origin and Development**  
   *Mary Priestley and Johannes Th. Eschen*  
   11

2. **Analytical Music Therapy – Introduction**  
   *Johannes Th. Eschen*  
   17

3. **Theoretical Bases of Analytical Music Therapy**  
   *Susan Hadley, Slippery Rock University, Pennsylvania, USA*  
   34

### Part 2

4. **Some Considerations on the Treatment Techniques of Psychoanalytically-Established Music Therapy**  
   *Mechtild Jahn-Langenberg, University of the Arts, Berlin, Germany*  
   51

5. **Analytical Music Therapy with Adults in Mental Health and in Counselling Work**  
   *Inge Nygaard Pederson, Aalborg University and Aalborg Psychiatric Hospital, Denmark*  
   64

6. **The Sound of Silence – The Use of Analytical Music Therapy Techniques with a Nonverbal Client**  
   *Juliane Kowiski, Brooklyn, USA*  
   85
7. The Psychodynamic Function of Music in Analytical Music Therapy with Children
   Wolfgang Mahn, Hamburg, Germany

8. The Role of Music in Analytical Music Therapy
   - Music as a Carrier of Stories
   Colleen Purdon, Ontario, Canada

9. Improvisation as a Musical Healing Tool and Life Approach – Theoretical and Clinical Applications of Analytical Music Therapy Improvisation in a Short- and Long-term Rehabilitation Facility
   Benedikte B. Scheiby, New York University and Beth Alsheham, Family of Health Services, Bronx, New York, USA

Part 3

10. Supervision of Music Therapy Students in a Music Therapy Graduate Training Programme
    Barbara Hesser, New York University, USA

11. Self-Experience for Music Therapy Students
    - Experiential Training in Music Therapy as a Methodology – A Mandatory Part of the Music Therapy Programme at Aalborg University
    Inge Nygaard Pederson, Aalborg Psychiatric Hospital and University, Denmark

12. Psychodynamic Movement – A Basic Training Methodology for Music Therapists
    Inge Nygaard Pederson, Aalborg Psychiatric Hospital and University, Denmark

LIST OF CONTRIBUTORS
SUBJECT INDEX
NAME INDEX

This book is an offspring of both the Ninth World Congress of Music Therapy (London, 1997) and the Special Track on Five International Centres, 1999, organized by Miriam Ellis, Bill Adams and Jim Horan. It was devised by Ken Jones (Chair) and coordinated by Dave McCullagh. It was the result of a meeting at the 1999 World Congress of Music Therapy in London, three important lecturers in different music therapy training institutions were asked to present their own proposals. They were also asked to suggest collecting and reviewing some material in order to deepen the understanding of the audience and readers. The book is divided into four parts. Each part contains chapters written by leading music therapists from around the world. The book covers a wide range of topics related to music therapy and its applications. It includes chapters on the role of music in analytical music therapy, improvisation as a musical healing tool, self-experience in music therapy, and psychodynamic movement as a basic training methodology for music therapists. The book also includes a list of contributors, a subject index, and a name index.