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Chapter 4 Individual Short-term Music Therapy in Child and Family Psychiatry Introduction; Other approaches to short-term music therapy; Four case studies; Reflections on the four cases; Improvised stories, working in partnership with a psychotherapist; Conclusion; Chapter 5 Music Therapy with Families at the Croft Unit; Introduction; Other family music therapy work; Three families receiving individual music therapy treatment; A six-week group with mothers* and young children; One-off interventions followed by video reviews with groups of mothers and babies; Conclusion

Chapter 6 Music Therapy Research Introduction; Effects of music therapy on a group of adults with profound learning disabilities; Qualitative and quantitative approaches to research; What constitutes research?; Investigation into music therapy with mothers and young children at a unit for child and family psychiatry; Common points in all my research investigations; Reflections; Conclusion; Chapter 7 Research Investigation into Music Therapy Diagnostic Assessments; Introduction; Background; Methodology; Results of the study; Review of main findings in this chapter; Chapter 8 Teaching Music Therapy Introduction Music therapy workshops; Training music therapists; Making music therapy training videos; Conclusion; Chapter 9 Music Therapy Supervision; Introduction; Receiving supervision; Giving individual supervision; A supervision group; Reflections on what supervisees have written; Conclusion; Conclusion; APPENDIX 1 BLANK SHEET USED FOR RECORDING ON-GOING MUSIC THERAPY NOTES IN THE CROFT NURSING FOLDER; APPENDIX 2 SUMMARY DESCRIBING DAMIEN'S MUSIC THERAPY SESSION; APPENDIX 3 SUMMARY DESCRIBING NANCY, CLAUDE AND PHOEBE'S MUSIC THERAPY SESSION; APPENDIX 4 DAMIEN'S MUSIC THERAPY REPORT APPENDIX 5 NANCY, CLAUDE AND PHOEBE'S MUSIC THERAPY REPORT

Sommario/riassunto

This book outlines the rationale for using music therapy in child and family psychiatry. The author reflects on research methodology and describes characteristics of her own approach to therapy, including how to start and end the session, how to motivate children and establish a positive musical dialogue with them, and how to include parents.
