Panel:
Music Therapy in China
by Wolfgang Mastnak

Even defining the title “Music Therapy in China” causes problems. Comparing academic studies in music therapy in China, traditional music-philosophical ideas with therapeutic relevance, and practice of “Chinese music therapy” in the West show extreme, partly also contradictory differences. Analysis of academic studies, applied methods and essential theories of music therapy in China reveal three main approaches: a) import of Western music therapy b) interventions following traditional practices, c) music therapeutic developments based on cross-cultural and inter-disciplinary research.

The speech focuses at first on ancient philosophical views of music as well as particular characteristics of traditional Chinese music (民乐). Taking the huge variety of Chinese ways of acculturation including life-philosophies, self-awareness and self-definition, musical experience, behavioural habits and attitudes in consideration we have to emphasise the necessity of critical cross-cultural and interdisciplinary research and show that naive import of foreign methods is risky and may be harmful in a therapeutic context.

In regard to those facts the research-paradigm of music therapy at the Shanghai Conservatory of Music follows the scientifically tough but in a therapeutic sense probably most reliable way dealing with the following crucial issues:

**Methodology:**
- Are there ancient / traditional Chinese musical practices with therapeutic relevance and how can their therapeutic benefit be estimated for China of today?
- Which methods / theories of Western music-therapeutic schools of thought can be used in the modern Chinese health system and how must they be modified or adapted to Chinese culture?
- How can a genuine Chinese school of Music Therapy that is based on Chinese culture and meets with the requirements of modern Chinese medicine be developed?

**Therapeutic Paradigms:**
How or to what extent must music therapeutic practices and theories be compatible with various medical schools of thought? How can we integrate and harmonise in the field of music therapy traditional Chinese medicine, traditional Chinese views of man and health, and western therapeutic principles and knowledge?

**Semantic and philosophical Issues:**
In cross-cultural understanding of music-therapeutic processes a main problem refers to serious semantic and philosophical gaps. Translation on an dictionary-oriented basis is not at all sufficient to support cross-cultural understanding. In addition to that we have to discover not only obvious scientific differences but also non-compatible subliminal views of researchers and practitioners.
Workshop:
Health-related Ideas in Traditional Chinese Music
by Wolfgang Mastnak and 陈韵之 (CHEN Yunzhi)

Calling traditional Chinese music simply “therapeutic” is naive, while denying the existence of health-related traditional Chinese music ignores cultural realities. The crucial point is to discover in which sense and context traditional Chinese music can be called therapeutic.

The workshop will not “teach methods of Chinese music therapy”. It will rather be a forum of reflected experience of Chinese music which has substantially to do with harmony, inner balance or energy and thus can be regarded as potential carrier of therapeutic efficiency. Knowing symbolic backgrounds and getting insights into the understanding of Chinese music according to Chinese acculturation should at first help to avoid typical misunderstandings and in a second step lead to discussions about possibilities of cross-cultural therapeutic application. It will (probably) become evident that also Chinese music (therapy) must not be seen in a simplified moncausal way, but rather as a highly complex regulatory system of psychosomatic loops.

Wolfgang Mastnak
Curriculum Vitae
(long version)


Education:

1965 – 1969 Primary School in Salzburg
1977-06-14 School Leaving Certificate
1977 student at University for Music and Dramatic Arts “Mozarteum” in Salzburg and “Paris Lodron University” in Salzburg
1982-06-17 Magister (comparable to master) Diploma in Music education and in Mathematics
1982-06-03 Diploma Vocal
1984-06-05 Diploma Piano
1985-10-24 Dr.rer.nat. in Mathematics
1987-06-25 Dr.phil. in Music Education. Doctoral Thesis in the field of Anthropology & Music Education
1988-07-12 Philosophy, Education, and Psychology
1993-04-16 Dr.paed. (University Potsdam) Thesis in the Field of Music Therapy.
1994-06-03 Dr.paed.habil. Thesis in the Field of Integrative Fields of Music Education and Music Therapy.
1996-05-07 Certificate as Psychotherapist (cognitive behavioural therapy and behavioural medicine)
**Professional Career:**

1983-09-12 Teacher for Music Education and Mathematics in Salzburg
1991-04-29 Director of Music Therapy at “Landesnervenklinik Salzburg”, today: Christian Doppler University Hospital for Neurology and Psychiatry
1993-11-25 Hochschulassistent (assistant professor) at the University for Music and Dramatic Arts Mozarteum in Salzburg
1996-07-24 appointment by the Bavarian Minister of Education, Sciences, and Arts to the Chair of Music Education at the University of Music and Performing Arts in Munich. Contract without any limitations.
1997-09 Head of Music Therapy & Special Music Education at the CFMI / University of Strasbourg / France (Université des Sciences Humaines de Strasbourg)
1999 President of the Austrian Heart Association (mainly dealing with preventive and re-integrative topics of heart patients)
2004-04-13 Professor at the Shanghai Conservatory of Music
2004-10 Main lecturer for Neurosciences at the State Institute for Music and Dance Education CEFEDEM in Nantes / France
2009-09-07 Lecturer of Psychology for Music Therapy at the University of Applied Sciences Krems (Austria)
2010-03-31 Professor of Fudan University Shanghai

**Awards, Scientific Memberships etc.:**

1996-11 Active Member of the New York Academy of Sciences
2001-10-12 International Biographical Centre Cambridge / UK: election among the 2000 Outstanding Intellectuals of the 21st Century
2001-11 Prize of Honour by the Czech Music Council / Council International of Music of UNESCO
2001-12-13 Silver Medal and Certificate of Honor of the University of Presov, Slovakia
2002-03-09 Full Membership of the European Academy of Sciences and Arts (“Academia Scientiarum et Artium Europea”)
2006-11-16 Honorary Fellowship of York St John University / UK
2007-11-30 American Biographical Institute nomination for Great Minds of the 21st Century ... including just 1,000 of the world’s top thinkers and intellectuals
2009-09-04 The Board of the American Biographical Institute: nomination to represent your country with this major honor to receive the Gold Medal for Germany in the name of your people and Germany

**Main Fields of Research:**
- Interdependencies between Music Education and Music Therapy
- Ethno Music Therapy
- Psychosomtics in Cardiology
- Development of Music Therapeutic Methods
- Neuro-Psychology