

*Dr. Anke Coomans / Assistant at the Master Training Course for Music Therapy, LUCA School of Arts / Clinical Music Therapy Work, Psychiatric Center KU Leuven / Zuyd University, Heerlen*

Presentation Title: 'Moments – A review of different concepts and connotations in music therapy and its application in dementia research'

Abstract:

Several music therapists studied specific 'moments' in music therapy. Since music is a temporal art form this can often be understood as an attempt to get a grip on phenomena that are mostly momentary and short-lived, though that can be considered as meaningful within a music therapy context.

Conceptualizations of these 'moments' focus on different features varying between the individual process of the client, the therapeutic relationship, and certain musical manifestations. Each concept has specific connotations in relation to the theoretical background in which the conceptualization was developed and to the clinical context in which the phenomena occurred. This review on 'moments in music therapy' discusses the transferability of the concepts to a more general music therapy practice and similarities with the concept of 'moments of resonance'. This latter concept was one of the major outcomes of a recent study on musical improvisation in music therapy with people with severe dementia.