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Presentation Title: Improvisation and communication analysis in depression

Abstract:

Prevalence of depression is high and it has been said to be one of the biggest challenges of modern societies. Music therapy has been increasingly offered to the clients with depression in many countries and the effectiveness of music therapy has been studied by several randomized controlled trials. There is one Cochrane review on music therapy for depression and the second one in preparation as well. This presentation focuses on selected aspects of improvisation and communication analysis in depression based on our experience on the treatment model called Integrative, Improvisational Music Therapy (IIMT). Difference between improvising and talking, and the unique qualities of clinical improvisation is discussed both from theory and analysis point of views. The possibilities of computational improvisation analysis will be presented and the challenges concerning the interpretation of musical behavior discussed. The presentation also introduces an ongoing research project, led by the author, called "No Pain No Gain – Internal Mechanisms of Integrative, Improvisational Music Therapy in the Treatment of Depression". In this project, mechanisms of music therapy are studied based on methods such as assessment scales, qualitative analysis, physiological measuring and musical behavior. At the time of Mozart & Science congress the data analysis of the project will not yet be ready. Therefore the methods will be introduced by anecdotal case material.