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Presentation Title: Interpersonal synchronisation: A cornerstone of change in music therapy?

Abstract:

Problems in interpersonal functioning has always been a prominent characteristic of Borderline Personality Disorder (BPD), indicating a need for research to identify the specific interpersonal processes that are problematic for individuals diagnosed with BPD. We propose the social attunement of actions between individuals, and interpersonal synchronization (IPS) in particular, as being essential for problems in social interactions. IPS is the dynamical process of individuals being mutually responsive in their actions. In Europe, musical joint improvisation is a central method in music therapy in the treatment of patients with personality disorder. In music therapy, synchronization processes between self and the other within improvisations is on the fore. In this presentation, the outcome of a case-control study of musical joint improvisations with BPD patients will be presented. This study shows the importance of interpersonal synchronization processes to social functioning in BPD. These results will be illustrated with clinical video fragments and clinical vignettes.