

Music Therapy – Answers

1 What characteristics does music share with consciousness, according to Laird Addis?

He says the unique thing about music is that it's defined by time, it exists in time, it doesn't have a spatial location, just like consciousness, and that's the only other thing in our known existence that also exists within time.

2 What concept is it difficult for music therapists to convey?

How do we convey the significance of that experience in concept and language to bring an understanding of what it is music therapy actually provides.

3 What two examples of music therapy 'quick fixes' are given?

Listen to Mozart for ten minutes a day and you'll get 20% smarter. And I heard that the Danish government were actually giving soldiers in Iraq singing pillows, with the idea that this would lessen the stress and trauma of being in a war zone.

4 How does the original researcher of the impact of Mozart feel about the sudden popularity of usage it now has?

She said that this was a very small project and she hasn't supported the broad application that has arisen. And it's not really a scientific application at all and it's certainly no part of music therapy.

5 What wrong assumption is made in this kind of 'popular' usage of Mozart.

People respond equally to all sorts of different music

6 What is meant by 'apply two Beethovens and call me in the morning'?

Thinking of pieces of music as if they were like tablets, that you can take.

7 How does Clare O'Callahan decide which cancer patients to treat with music therapy?

We find for some people music may offer something that may be helpful and then some people you will immediately get the impression that no, they are not interested, that's fine.

8 What difference is given between choosing and listening to your own CDs and having music therapy?

I don't actually think I would have listened to music as much in there if Clare hadn't come round and opened the curtains.

9 What does Lisa Roulston describe as 'crappy'?

The extreme anguish that a dramatic part of Clair de Lune brings back.

10 Do the two music therapists think that music therapy is effective independently of the relationship between the patient and the therapist? What does Lisa Roulston think about this?

Doctors: There's a role for just the music, but music therapy philosophy really says that that can be enhanced further through the therapeutic relationship. If you ask two different music therapists to do exactly the same program with the same group of patients, the outcomes will be different because this is an inter-personal process.

Lisa Roulston: Says she would have got as much out of the therapy without the relationship.