

Music medicine as a foundation for music psychotherapy

Heidi Ahonen, PhD., RP, MTA, FAMI

Professor of Music Therapy, Wilfrid Laurier University
Director, Manfred and Penny Conrad Institute for Music Therapy
Research

Abstract

This paper describes some key elements that continue impacting my personal journey from qualitative music psychotherapy researcher and psychodynamic music psychotherapist into evidence-based music medicine researcher. I will contemplate how to explain the power of music; could I indeed have a neurological rationale in my mind when choose music for music psychotherapy? Can brain research explain what happens during music psychotherapy processes? Can we speculate if indeed the neurological findings of music are the foundation of music psychotherapy? I will introduce the supporting brain research findings, i.e. how music affects our hormones, emotions, and memories. Can music medicine provide an evidence-based foundation for music psychotherapy?