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## **Abstract**

### Exploring health through musical dialoguing

This presentation discusses philosophical perspectives connected to the use of the concept of health in music therapy. In my mother tongue, health ('helse') originates from the old Norwegian 'heil', which in English means 'whole', as in 'complete, uncut, and unharmed'. This understanding includes an ethical and socio-philosophical way of living, where body, soul, society, and nature are in harmony. Such a perspective may correlate with music therapist and professor Kenneth Bruscia's (1998) definition of health, which is "to become one's fullest potential as a human being". The presentation discusses how the music therapist could define health in her clinical practice, and to do so I will refer to two different cases: 1) a case with intensive music therapy where the aim is to improve speech for small children with phonological disorders (music therapy and neurology), and 2) a case of group music therapy in a health care centre, aiming to build healthy dyadic relations for first time mothers and their infants (music as health promotion in everyday life). To broaden the view, I will refer to the Dialogue philosophy of Mikhail Bakhtin (1895-1975) in my discussion. Bakhtin accentuates dialogue as ethical actions (doings) face-to-face, and especially the position of the Other, but he also emphasizes the need to include dissonance and Laughter.