

A Music therapy project for adult mental disorders in Wuxi (China): Challenges and Outcomes

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The benefits of music therapy programs to promote mental and psychological wellbeing in psychiatric settings are recognized in many western countries. However, it's still a kind of newborn thing in China. This article concerns a pilot project: music therapy program in a psychiatric hospital. The project aimed to explore how to apply music therapy process based on Chinese-culture needs in a psychiatric hospital, educate and inform participants (medical staff/patients/family) on issues and potential to mental patients; explain common misunderstandings by using contemporary music therapy perspectives and engaged patients in different music therapy models to improve their overall functions, discover their own potentials and rebuild self-esteem. The project has run two years already and is still ongoing. This article describes its development and the music therapy models that inform practice. The challenges and outcomes from developing this project are also included.

Key words: Music Therapy program, Psychiatric Hospital, Chinese Culture, Adult Mental Disorders, Challenges and Outcomes