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Dr. Sumathy Sundar

THE ROLE OF TRADITIONS IN THE THERAPEUTIC RELATIONSHIP MAINTAINED BY THE THERAPIST AND THE CLIENT DURING THE MUSIC THERAPY PROCESS.

ABSTRACT

This Presentation analyses and discusses the influence of traditions impacting the therapeutic relationship during the music therapy process of an Indian hospital based program. There are three aspects which influence the therapeutic relationship. one is the musical ability of the therapist to make connections with the patient and making use of the resources to empower the patients. The other is the musical profile of the patient which includes the music interest, music listening patterns, music family traditions, music training and musicality aspects. The third factor pertains to the interpersonal process and therapeutic relationship between the therapist and the patient which require close interactions with the patients by the therapist. By this, it is apparent that the therapist is required to work empathetically and closely with the belief systems, values, traditions and societal norms of the patient as a part of culture. Theories of embodiment (*Csordas, 2002*), emerging from anthropological studies, describe the engagement of culture and individuals through sensual perception and experience. Therefore, the meaning of music in therapy develops within the therapeutic session as a specific tool of communication between the patient and the therapist. What is tradition? It is a custom or practice which is passed on from generations to generations and which forms an integral part of any family or community or nation at large. Traditions bring an identity and traditions help the therapist to connect with the patients, synchronize and be a part of a group and brings also a sense of togetherness. As music therapists, when we develop our capacity and potential to work closely with the family, community and the country's tradition, we have a synchronized communication with patients which is an important aspect to be considered for music therapy sessions to have therapeutic value. Patients look up on traditions as a way to cope with their distresses and to normalize hospital environment. when things get stressed, traditions become a coping resource, comfort the patients and normalize hospital environment. Therapists working close to traditions of the patient make a synchronized communication and are able to quickly get into a rapport with the patients. Most traditional practices are habits and are very meaningful in our lives and when music therapists have the ability to make meaningful musical experiences through working close to traditions, they also create a bond of trust and confidence with which the therapist engages in musical tasks with the patients to effect the positive change. It is in this context, the therapist tries to perform music in tune with the musical traditions of the patient with the help of the healing practices that are part of family/community/country's traditions.

References:

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Deutsch:

Dr. Sumathy Sundar ist eine Klinikerin, Pädagogin und Forscherin im Bereich der Musiktherapie.

Sie ist die Direktorin der Chennai School of Music Therapy in Chennai, Indien. Außerdem leitet sie das Mahatma Gandhi Medical College und Research Institut. Dabei handelt es sich um ein Zentrum für Bildung und Forschung im Bereich der Musiktherapie in Pondicherry, Indien.

English:

Dr. Sumathy Sundar is a clinician, educator and researcher in the area of music therapy. She is the Director of the Chennai School of Music Therapy in Chennai and a Center for Music Therapy Education and Research – the Mahatma Gandhi Medical College and Research Institute in Pondicherry.