

The Dutch
Music Therapy
Association
(NVvMT)
presents in
collaboration
with the
European
Music Therapy
Confederation
(EMTC)

Music Therapy *and* Trauma/PTSD Treatment

1 day international
SYMPOSIUM
+
2 day intensive
WORKSHOP

AKOESTICUM Ede - The Netherlands

2017 - May 26·27·28

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NVvMT

Nederlandse Vereniging
voor Muziektherapie

1 day
international
symposium
+
2 day
intensive
workshop

Music Therapy *and* Trauma/PTSD Treatment

**NVvMT and EMTC present a unique package on music therapy with
traumatized persons: 1 day international symposium and 2 day workshop.**

The dramatic effects of trauma and posttraumatic stress disorder (PTSD) on a person's ability to function are more and more acknowledged. Music therapy can help traumatized children and adults to stabilize and to create a safe space for the expression of feelings and thoughts. In a 1 day international symposium on Friday May 26, presenting lectures and workshops, we'll highlight the way music therapy research, methods and techniques are applied to treating childhood trauma and sexual abuse, traumatized refugees, prisoners and victims of violence.

Speakers are: *Gene Ann Behrens* (USA), *Moshe Bensimon* (Isrl), *Clare Macfarlane* (NL), *Gitta Strehlow* (Ger) and *Cathy Schmarz* (Luxl).

In a 2 day intensive workshop, following the symposium, on Saturday May 27 and Sunday May 28, *Gene Ann Behrens* will train and engage

participants in interpreting the needs and responses of those who have been traumatized. The training is based on neurobiology of trauma concepts and the use of a trauma informed framework to develop music strategies that can be implemented at various stages of treatment.

Workshops during the afternoon include: *Moshe Bensimon* (Isrl), *Gitta Strehlow* (Ger), *Evangelia Papanikolaou* (Gr), *Jaap Orth* (NL) and *Sander van Goor* (NL).

The Dutch Music Therapy Association (NVvMT) presents in collaboration with the European Music Therapy Confederation (EMTC)



Info: www.muziektherapie.nl

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Program

8:15 - 9:00	REGISTRATION	14:15 - 14:45	5. <i>Cathy Schmarz:</i> Mateneen – Music therapy for and with non-accompanied minor refugees in Luxembourg
9:00 - 9:15	Opening and welcome	14:45 - 15:15	PAUSE
9:15 - 9:30	Musical prelude	15:15 - 16:45	WORKSHOPS 1. <i>Moshe Bensimon:</i> Therapeutic Techniques and Goals in Music Therapy in Relation to Stress Experiences 2. <i>Gitta Strehlow:</i> Enhancing mentalization capacity through Music Therapy for patients who have suffered traumatic experiences 3. <i>Evangelia Papanikolaou:</i> Guided Imagery and Music (GIM) and its modified forms for trauma-related disorders 4. <i>Sander van Goor:</i> Safe & Sound, Solution-focused music therapy and trauma, with the focus on refugee children 5. <i>Jaap Orth:</i> Music Therapy and Traumatized Refugees: Pitfalls and Chances
9:30 - 10:30	1. <i>Gene Ann Behrens:</i> Neurobiology of Trauma Research – It's Challenge to How Music Therapists Work	16:45 - 17.00	CLOSING OF THE SYMPOSIUM
10:30 - 11.00	PAUSE		
11:00 - 11.45	2. <i>Moshe Bensimon:</i> Music Therapy with Post-Traumatized Clients: Therapeutic Goals, Techniques, and Methods		
11:45 - 12:30	3. <i>Clare Macfarlane:</i> Regulating the Brain: Music Therapy to Treat PTSD in a Correctional Setting		
12:30 - 13:30	LUNCH / CONCERT		
13:30 - 14:15	4. <i>Gitta Strehlow:</i> Music Therapy for children who have experienced sexual abuse		



1. GENE ANN BEHRENS

Neurobiology of Trauma Research – It's Challenge to How Music Therapists Work

Never before has it been more important to become trauma-informed as a music therapist—that is, interpret client responses and create individualized treatment approaches based on an understanding of the neurobiology of trauma. Recent research challenges music therapists to consider the influence of trauma on the brain and integrate neural concepts and goals with more traditional psychosocial goals to provide a safe sequence of treatment. With an understanding of the neurobiology of trauma research and theory (van der Kolk, 2014; Perry, 2011; Zeigler, 2009), this presenter has turned her attention to a review of existing stress trauma treatment models to identify key elements for developing a music therapy protocol for trauma work. Behrens will present a brief overview of her framework for integrating neural goals, psychosocial needs, strategies, and a sequence to trauma treatment. While many concepts and methods in music therapy inherently support a trauma-informed approach, music therapists can become more purposeful in how we can apply music as therapy by gaining a basic understanding of the neurobiology of trauma.

Gene Ann Behrens, PhD, MT-BC, Director of the Music Therapy Program at the Department of Fine and Performing Arts, Elizabethtown College, USA and Chair of the Global Crises Intervention Commission of the World Federation of Music Therapy. As a music therapist for over 40 years and an educator for 20 years, Gene also is currently a member of MAR-AMTA Research Committee and on the editorial board for Music Therapy Perspectives. Research and the neurobiology of trauma are focuses of her national/international publications and presentations. Her research in the area of emotional coping skills with children at risk spans many years and led to her development of a projective measure of emotional coping skills and her recent trauma-informed framework, as well as her international trauma work and training in the West Bank, Somaliland, and Kenya.



2. MOSHE BENSIMON

Music Therapy with Post-Traumatized Clients: Therapeutic Goals, Techniques, and Methods

Music therapists work in a broad range of populations, childhood sexual abuse and complex trauma, refugees, people affected by war, etc. Over the past thirty years, clinicians have described different methods of music therapy with PTSD clients. Several clinical reports offer specific techniques, such as vocal holding techniques, singing and discussions, guided imagery music, clients' composition of their own relaxation music and their own musical product, teaching clients how to play an instrument, and playing together to get in touch with feelings and expression in a safe way. Few clinicians have suggested therapeutic models. While most of the information by far in this field is based on clinical reports, only a few studies have been published to date in the field of music therapy and PTSD. The purpose of the presentation is to report fresh findings from a comprehensive study conducted in Israel. Content analysis of semi-structured interviews with 40 experienced music therapists who work with post-traumatized clients provided rich and valuable clinical information. The presentation will describe findings relating to therapeutic goals, techniques, and methods that were found to be useful from the music therapists' point of view.

Moshe Bensimon is a senior lecturer and the head of the social-rehabilitative M.A. program in the Department of Criminology and a lecturer in the Music Therapy Program at Bar-Ilan University, Israel. His fields of research include music therapy with post-traumatized victims; music in prison; aggression, crime and music; and posttraumatic stress disorder among victims. Moshe also works with post-traumatized terror victims as a music therapist.

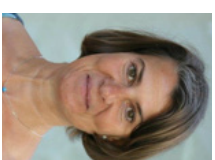


3. CLARE MACFARLANE Regulating the brain: music therapy to treat PTSD in a correctional setting

Prevalence of posttraumatic stress disorder (PTSD) in adult correctional settings is underestimated. For a long time it has been considered inappropriate to view prisoners as anything other than aggressors. Admitting that some might be suffering from PTSD does not match with the view that prisoners must be held responsible for their actions. There is however a growing body of knowledge on the effects of trauma and PTSD on the brain. Research shows how the effects of PTSD can affect a person on emotional, behavioral and cognitive levels. Neurobiology of trauma shows that the brain of a person suffering from PTSD becomes “not wired” for stress responses. While the brain is in stress response mode, cognitive processing of any information becomes practically impossible. Instinctive trauma responses can lead to fight, flight or freeze reactions. In the penitentiary psychiatric center in Vught (PPC) the patients are of course not incarcerated because of their PTSD but because of their aggressive behavior. Needless to say that most have internalized the “fight” response.

“To change any neural network in the brain, we need to provide patterned, repetitive, rhythmic, somatosensory input to reach poorly organized neural networks involved in the stress response. Any neural network that is activated in a repetitive way will change” (Perry, 2012). Clare will present the findings of her pilot study conducted at the penitentiary psychiatric center of the prison in Vught.

Clare Macfarlane, Clare Macfarlane, MA, SRMTh and NMT-fellow, has a strong background in clinical work with various populations, specialising in the development of short-term music therapy interventions in the adult forensic psychiatric field. This includes her PhD research, which combines insights from the neurobiology of trauma, neurologic music therapy and neuro musicology into the development of a short-term music therapy intervention for prisoners with PTSD. Clare is a member of the teaching staff for the Master of Music Therapy at Codarts conservatory, Rotterdam.



4. GITTA STREHLOW Music Therapy for children who have experienced sexual abuse

The knowledge about trauma has tremendously increased in the last two decades in- and outside the music therapy discourse. This paper is based on a qualitative music therapy research project on children who have experienced sexual abuse. In-family sexual abuse is an attachment trauma whereby trust in precisely those people, who should be responsible for the protection of the child is destroyed. In music therapy we have to deal with silence, sexual behaviour, anxiety, feelings of shame and guilt as typical symptoms after being sexually abused. Singing and playing can be a starting point out of silence to encourage self-efficacy, vitalising and togetherness.

In this paper three aspects of trauma will be looked at: a. building up trust, b. sexualisation of the relationship, c. restriction of the ability to mentalize. A case study will show how we can encourage resources and how we can also deal with the traumatic experience in music therapy. The balance between stabilization and challenge is the key factor in trauma therapy treatment. The presentation will finish with some results on the different use of music in the therapy process for sexually abused children.

Dr. sc. mus. Gitta Strehlow, Dipl. Music-Therapist has worked since 16 years with adults at Bethesda Hospital Hamburg-Bergedorf, Clinic of Psychiatry and Psychotherapy and in parallel with sexually abused children (Dunkelziffer e.V.). She has given presentations and run workshops at national and international level. Dissertation (2011) on Music Therapy for BPD patients. Gitta is also a part-time lecturer at the Hamburg University of Music and Theatre and the Swiss Forum for Further Education in Music Therapy. Publications about music therapy with traumatized patients, mentalization and music therapy and music therapy with psychiatric patients. Training in PITT, MBT, PITT Psychodynamic – imaginative Trauma Therapy MBT: Mentalisation Based Treatment



5. CATHY SCHMARZ:
Mateneen – Music therapy for and with non-accompanied minor refugees in Luxembourg

The project « Mateneen » or « Together » is a pilot project initiated by the Gesellschaft für Musiktherapie zu Lëtzebuerg (GML – Luxembourgish Music Therapy Association) in order to provide support to non-accompanied minor refugees. The pilot project, which is entirely funded by the Oeuvre Nationale de Secours Grande-Duchesse Charlotte, is running for 6 months and addresses minor refugees from Afghanistan and Irak, currently living in shelters from the Luxembourgish Red Cross.

The project includes four semi-open groups, each of them conducted by two music therapists from Luxembourg. The music therapy sessions aim at stabilizing and improving mood, communication skills and social cohesion, promoting personal resources and enhancing quality of life. To provide an optimal treatment the music therapists collaborate closely with the psychosocial service of the Red Cross, professional translators and are supervised by external experts. Results from the evaluation of the pilot project are used to further develop the music therapeutic program for minor, non-accompanied refugees.

Cathy Schmarz is a psychologist and music therapist from Luxembourg. She is the president of the Luxembourgish Music Therapy Association (Gesellschaft für Musiktherapie zu Lëtzebuerg asbl – GML). She has worked with streetchildren as well as with female sex workers in West Africa. Furthermore, she worked with migrants and refugees in The Netherlands. As a psychologist, Cathy is currently developing a training on psychotrauma and PTSD, with a special focus on experiences.

1. MOSHE BENSIMON
Therapeutic Techniques and Goals in Music Therapy in Relation to Stress Experiences

In this workshop the use of various techniques drawn from clinical work in the field of music therapy with clients suffering from PTSD will be experienced actively. To enable such engagement in the here-and-now experience of these techniques and an understanding of their goals, participants will be invited to share and work through stressful experiences drawn from their everyday life. It needs to be noted that due to the limited setting of this workshop, severe traumatic experiences are beyond its scope and consequently presenting these is not encouraged.

2. GITTA STREHLOW
Enhancing mentalization capacity through Music Therapy for patients who have suffered traumatic experiences

This workshop will investigate relationship trauma, such as sexual abuse or child maltreatment in relation to Fonagy's mentalization concept (Bateman&Fonagy 2012, 2016). In recent years Fonagy's concept of mentalization has become more widely used in diverse treatments for psychiatric disorders, which includes the treatment of trauma (Allen et al. 2012). Mentalization is both self-reflective and interpersonal and therefore most suited for music therapy. The capacity to mentalize depends on the level of stress.

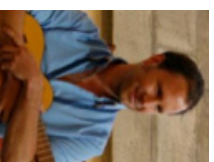
The overall aim of trauma treatment is to help patients to establish a more robust mentalizing self. Non-mentalizing modes of function that often go along when facing the traumatic experience will be looked at and music therapy examples will be demonstrated. A psychiatric department in which Fonagy's mentalization concepts were implemented over ten years will serve as the practical background. The workshop will show how music therapy can encourage the mentalization capacity for patients who have suffered traumatic experiences.



3. EVANGELIA PAPANIKOLAOU
Guided Imagery and Music (GIM) and its modified forms for trauma-related disorders

Guided Imagery and Music (GIM) is the most renowned method of receptive music therapy. There is substantial research on GIM in psychic trauma-although in most cases, the method needs to be adapted and offered in shorted or modified forms in order to be more efficient and sustainable for vulnerable, traumatized people. In this workshop the focus will be on the basic theory of receptive music therapy and GIM as a form of psychotherapy with traumatized people, illustrated by case examples. The workshop will also include an outline description of basic applications and modifications of GIM in relation to various forms of psychic trauma, including Music and Imagery (MI) and Music Breathing techniques. The workshop will be based on a demonstration of GIM and its modified forms (Music and Imagery, Music Breathing, etc) for traumatized people, as previously explained in the conference.

Evangelia Papanikolaou, PhDc, MA, Msc, (Greece) is a UK-trained music therapist, GIM therapist, supervisor, and primary trainer for "IMAGING-European GIM Trainings". She is currently a PhD student at Aalborg University, Denmark, scientific director of "SONORA-Organization for Music Therapy & Research", and adjunct professor at the Hellenic American University. Evangelia is advisory board at the e-journal "Approaches-An Interdisciplinary Journal for Music Therapy", former president of the Hellenic Association of Professional Music Therapists, and current country representative for Greece at the European Music Therapy Confederation. From September 2016, she is also a member of the Educational Committee of the European Association of Music & Imagery. She has rich clinical experience as music therapist and GIM psychotherapist as well as research interests in the areas of mental health-especially on psychological trauma, psychosis, depression, and eating disorders- developmental disorders, medical and cancer care.



4. SANDER VAN GOOR
Safe & Sound, Solution-focused music therapy and trauma, with the focus on refugee children

In this workshop you will learn more about solution-focused music therapy and the way it is being used in trauma treatment with the focus on refugee children. Safe & Sound aims at stabilisation, calming down body and brain, safety, signals of possible traumatization, resources, resilience, recovery and learning. Safe & Sound is a frame-work developed by Sander van Goor. At this moment he's working together with Zuyd Hogeschool in Heerlen to implement this method in their curriculum.

The method will be presented with movies of the sessions, exercises and open discussions. The participants knowledge and experiences are gratefully appreciated in this workshop. Let's learn from each other.

Sander van Goor is a Solution-Focused music therapist. He is developing Solution-Focused music therapy and his method Safe & Sound. His own practice is based in the south of Holland. He has a background in child and youth psychiatry and has been working with children and youngsters in Bosnia & Herzegovina and in Brasil. He teaches at Hogeschool Zuyd, Creative Therapie in Heerlen. At the moment he studies Solution Focused Cognitive System Therapy at the Korzibsy institute in Brugge.



5. JAAP ORTH

Music Therapy and Traumatized Refugees: Pitfalls and Chances

In many western countries music is valued as an artform only to be performed by trained musicians. In many other cultures music is part of the daily fabric of life and cultural identity as well as a means of expression. Traumatized refugees not only feel a great need to express themselves and share their stories in a way that fits with their cultural identity, amidst all the turmoil of being a refugee, but also seek ways to gain control over their thoughts and feelings.

In this workshop Jaap Orth will explore musical cultural aspects, musical temptations and boundaries. Using various musical parameters such as tempo, melody, harmony and structure as means of eliciting and enticing play or creating safeguards.

Jaap Orth, SRMTH in Psychiatric Center Pro Persona, teacher Practicum Music

Therapy and supervisor at ARTEZ Conservatorium. Since 1982 active as music therapist with traumatised refugees, music projects for schools, city councils and refugee organisations. Practice based research on the effects of his self developed music therapy methodology in 2003-2005. (Internationale publications lo.a. in Broken Spirits, Voices, Handboek muziektherapie) and presentations.

Jaap has recently offered masterclasses and a 2 week training on this subject at the Recentelijk National Conservatory of Music, Amman.

Music Therapy and Trauma/PTSD Treatment

2 DAY INTENSIVE WORKSHOP

- 2017, May 26 to 28

In the 2 day intensive workshop, following the symposium, on Saturday May 27 and Sunday May 28, *Gene Ann Behrens* will train and engage participants in interpreting the needs and responses of those who have been traumatized based on neurobiology-of-trauma concepts and in using a trauma-informed framework to develop music strategies that can be implemented at various stages of treatment.

Despite music therapists' increasing awareness of trauma in relation to disasters, conflict, abuse, crises, refugees, and comorbid diagnoses, limited literature exists on the application of concepts from the neurobiology of trauma research to the use of music in and as therapy. This neurobiology of trauma research suggests that the symptoms of trauma can now be connected to neuro changes as the brain and body attempt to cope; and that nonverbal, in-the-moment, sensorially-oriented, experiential approaches are key interventions that support the needs of those with unresolved trauma (van der Kolk, 2014; Perry, 2011; Zeigler, 2009). While this list of approaches are inherent in many music experiences, music therapists need to be aware of when and how to intervene so as to safely treat client s' diagnosed with unresolved trauma. This workshop will link the neurobiology of trauma research to four components of a new framework for using music as therapy to meet the individualized treatment needs of clients with unresolved trauma (Behrens, 2015). The framework will help integrate neural goals, psychosocial needs, strategies, and a treatment sequence, thereby avoiding the re-traumatization of clients. Participants also will learn to connect neuro changes to symptoms and the symptoms to strategies related to how music is used in and as therapy.

The two-day workshop will begin with a simulation designed to facilitate empathy related to a stressful event. Following a review of some key terms, concepts related to the neurobiology of trauma will be rehearsed using their

2 DAY WORKSHOP

simulations, an experiential walk through of a large model of the brain, and additional demonstration experiences. This initial portion will highlight two components of the framework, neuro goals and strategies. The workshop will continue with a discussion of psychosocial needs, the third component, and experiences to again demonstrate concepts. Several demonstrations, example illustrations, and discussions, therefore, will be presented throughout the workshop to emphasize the concepts; a compilation of the experiences into the treatment phases or steps will highlight the fourth component of the framework. Throughout the workshop, Behrens will emphasize the need to individualize and avoid the re-traumatization of clients. Once the components are presented and rehearsed, participants will have an opportunity to develop and share their own music interventions based on the content of the music therapy trauma framework.

PRACTICAL INFORMATION

Venue

The National Training Centre for the Arts 'Akoesticum' in Ede is situated in the Centre of the Netherlands, next to National Park 'De Hoge Veluwe', and at a one hour drive/train from Schiphol Amsterdam airport. The intercity train station Ede/Wageningen is a five minute walk from Akoesticum.

Costs

PRICES	earlybird <i>(before 1-3-2017)</i>	normal price
SYMPOSIUM May 26, lunch and drinks included	100 EURO	150 EURO
2 DAY WORKSHOP May 27/28, lunch and drinks included, symposium Friday May 26 FREE	300 EURO	350 EURO
1 NIGHT (double room) incl. breakfast*	45 EURO	45 EURO
DINER Friday May 26 at Akoesticum (after the symposium)**	20 EURO	20 EURO
DINER Saturday May 27 in Utrecht + bus trip + canal cruise (workshop participants only)**	40 EURO	40 EURO

* Single rooms are limited and cost 77 EURO including breakfast

* Depending upon room availability at the Akoesticum, there's possibility to arrive earlier or to extend your stay.

** Drinks are not included

ORGANIZATION



Nederlandse Vereniging voor Muziektherapie
i.c.w. the European Music Therapy Confederation

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