

Deutsche Musiktherapeutische Gesellschaft

German Music Therapy Society

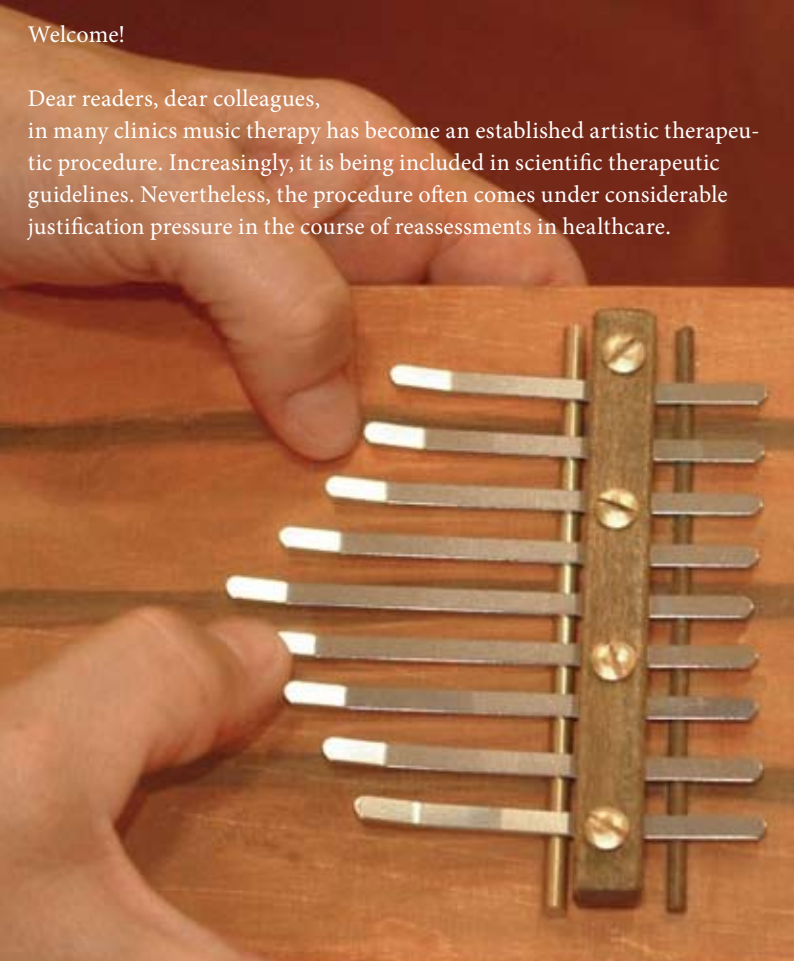


Music Works!
An Introduction to the DMtG

Overture

Welcome!

Dear readers, dear colleagues, in many clinics music therapy has become an established artistic therapeutic procedure. Increasingly, it is being included in scientific therapeutic guidelines. Nevertheless, the procedure often comes under considerable justification pressure in the course of reassessments in healthcare.



We see it as the most important task of DMtG to secure and promote the use of music therapy in acute-care hospitals, rehabilitation and outpatient healthcare. This goes hand in hand with our demand for the appropriate societal and professional recognition of qualified music therapists. Some of our European neighbors lead in this regard and have already modified professional law accordingly.

Occupational policy work is diverse and can only be accomplished in the framework of a well-run organisation. On the following pages, we will give you a concise overview of the internal structures of DMtG and show what is important to us and how we work. In short form. If you are interested in learning more, we recommend visiting our website www.musiktherapie.de.



We would be very pleased if, after browsing through this brochure, you were to reach the conclusion that our cause deserves to be supported, and that you would like to commit yourself to actively helping to shape the future of the society.

Board

Prof. Dr. Lutz Neugebauer

Frederike Schludi

Simone Maier-Hanemann

The Power of Music

Victor Hugo said it best. Music can express feelings and thoughts, both pleasant and troublesome. This archaic power of music is used for the therapeutic process. The unspeakable finds an expression, and new creative forms of experience and exchange with others grow.

A distinction is made between receptive and active therapy. The receptive form works by listening to already completed pieces of music. On the other hand, the active – and much more frequently used – variety is focused on individual improvisation. Easy-to-play instruments, your own voice and recordings are used – the mastery of an instrument is not necessary. Patients improvise freely or according to specific requests.



Music therapy is hard to describe. Listening in on a session is much more impressive and meaningful. After his session, the ten-year-old boy, plagued by fears and nightmares, said: »That was fear music! When I play the fear, I'm not afraid of it anymore.«

»Music expresses that which cannot be said and on which it is impossible to be silent.« Viktor Hugo

During therapy, they can respond using other instruments and »talk« with the other players in this manner. This works both in individual and in group settings. Following musical improvisation, the ensuing experiences, feelings and thoughts can be discussed. For reprocessing purposes, a verbal part can be integrated into the music therapy session.

Listening to yourself, making yourself heard and listening to others, becoming the performer or conductor of one's own story – music therapy works in many ways. The aim is to go beyond the session and integrate the practiced changes into everyday life.

(Re)Discoveri the Rhythm o



»Where language ends,
music begins« E.T.A. Hoffmann

Growing more confident, increasing communication and social skills, processing traumatic events – these are only three of the numerous positive effects that music therapy can set in motion. The spectrum of treatments is very diverse.

Consequently, music therapy achieves good results in the treatment of anxiety and fears, chronic pain, psychiatric and psychosomatic disorders, addictions, developmental and behavioral

disorders, geriatric patients, neurological diseases and traumata.

Patients find new opportunities to express experiences with and through music therapy. They speak an entirely new language. Their creativity, curiosity and imagination are awakened, their own resources are mobilised. They learn to establish contact with other people, to express their spiritual being and articulate any wishes for change. Specifically, music therapy

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strengthens psychological resilience, breaks down inhibitions, boosts attentiveness and supports social learning.

All of these positive results are independent of the respective music therapeutic method. Whether the therapist applies a depth-analysis, behavioral-therapy learning-theory, systemic, anthroposophical or holistic humanistic approach, music therapy works! The variety of methods has advantages,

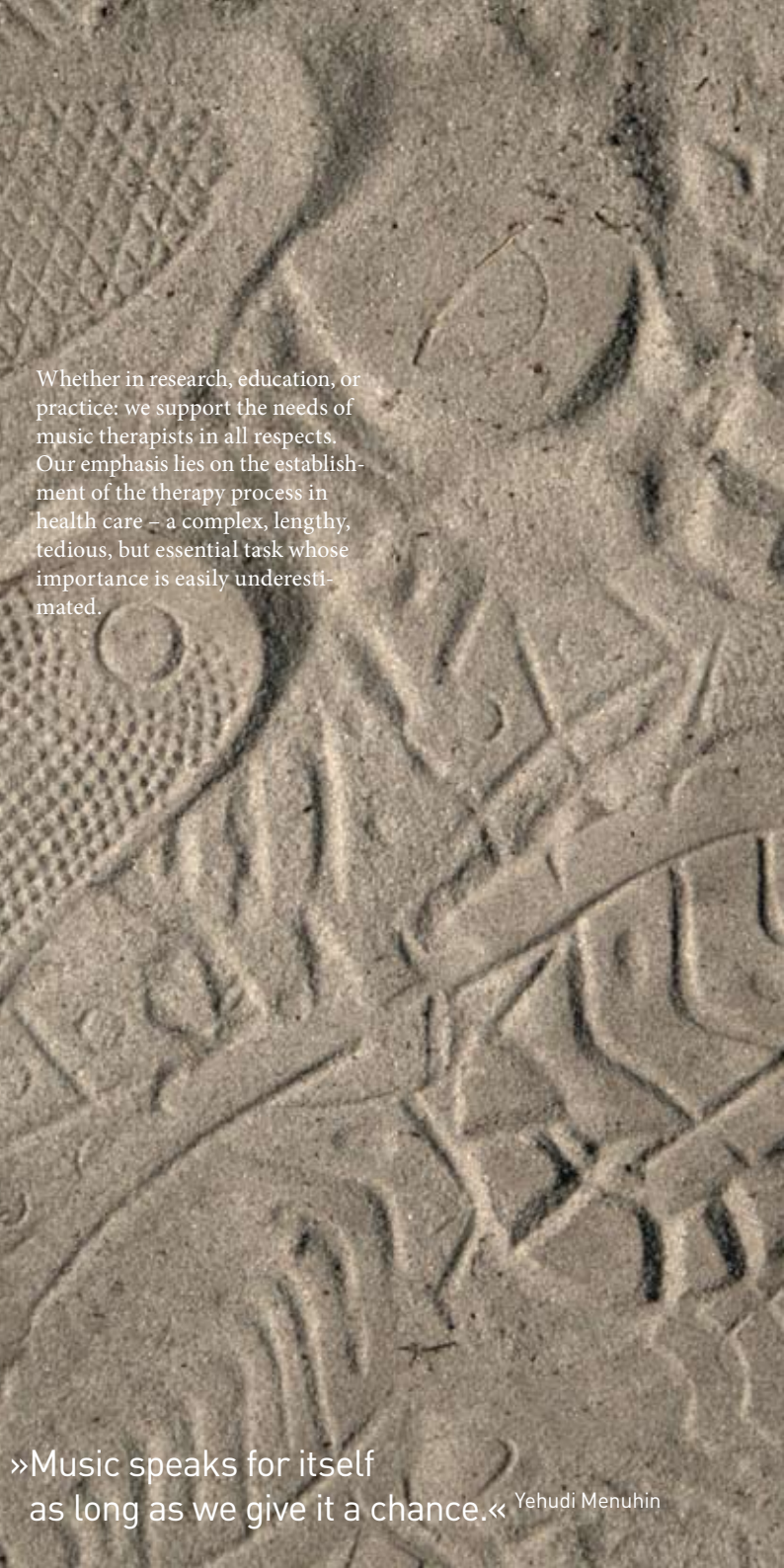
enabling treatment across all age groups. Preterm infants, toddlers, children and adolescents, adults and seniors – there are no age limits to music therapy.

DMtG Profile

The German music therapy society DMtG is a non-profit association with nearly 1500 members. It is the leading professional representation for music therapists in Germany.

Our history dates back to the 1970s. After several mergers, the society arrived at its present form in 2008, by uniting with the Berufsverband der Musiktherapeutinnen und Musiktherapeuten in Deutschland (BVM; Professional association of music therapists in Germany). This also explains a distinctive feature: we are both scientific society and professional association. The society is financed solely by membership dues. We do not receive any government support.

DMtG has always been open to all schools, welcoming the various methods within music therapy. We maintain good connections with other music therapy associations in Germany, representing particular schools. The Deutsche Musiktherapeutische Vereinigung zur Förderung des Konzepts nach Schwabe (DMVS), the Gesellschaft für Orff-Musiktherapie (GfOMT), the Verein zur Förderung der Nordoff/Robbins-Musiktherapie and the Berufsverband für Anthroposophische Kunsttherapie (BVAKT) reflect the diversity in music therapy.



Whether in research, education, or practice: we support the needs of music therapists in all respects. Our emphasis lies on the establishment of the therapy process in health care – a complex, lengthy, tedious, but essential task whose importance is easily underestimated.

»Music speaks for itself
as long as we give it a chance.« Yehudi Menuhin

Hear the Music Committees

The committees – their name may sound bureaucratic, but they're not. Instead they help make DMtG a lively and diverse society. Whoever wants to get involved and help shape it has many possibilities to do so:

Professional Advisory Board

Certifies (teaching) music therapists; advises on professional issues and music therapy education

Scientific Advisory Board

Advises the Board of Directors concerning research projects; assists regarding expert opinion issues

Ethics Committee

Is activated in cases of conflicts between members of the DMtG or questions regarding proper professional ethical conduct

Credit where credit is due: the voluntary commitment of our members in the various bodies sustains the society. But of course, these bodies are only a part of the organisation that is the DMtG. The nerve centre is the head office, consulting closely with the Board of Directors and the committees. In addition to the regular General Assembly, the Assembly of Delegates is

Music Play – In the

»Music and rhythm find their way into the secret places of the soul.« ^{Platon}

Editors

The MU editorial team publishes the quarterly journal »Musiktherapeutische Umschau«; the yearbook editors create the »Jahrbuch Musiktherapie«; the internet editors create and maintain the website and publish »Studien- und Ausbildungslandschaft Musiktherapie«

Regional Offices

Promote regional contacts among colleagues, e. g. with Member Days and mailings

Student Council

Represents student interests within the DMtG; organises student meetings

an important body for opinion-forming and decision-making, composed of representatives of all bodies and the Board of Directors. Even if it may sound a little complicated, DMtG deliberately keeps hierarchies flat, our organisation ensures effective operations. You are welcome to see for yourself, if you're interested.

Together, we Ourselves He

An orchestra attracts more attention than a soloist. That's why we cooperate with organisations and institutions to whom music therapy is just as dear as it is to us. DMtG is in constant contact with relevant scientific societies, universities, and training centres. This is of great importance for research projects and professional exchange.

Within Germany, we belong to the Bundesarbeitsgemeinschaft Musiktherapie, at the international level, we are part of the European Music Therapy Confederation (EMTC) and the World Federation of Music Therapy (WFMT). We have joined forces with associations in the fields of art

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therapy, music therapy, dance therapy and drama therapy, and formed the Bundesarbeitsgemeinschaft Künstlerische Therapien. Here we mainly deal with the representation of our profession. In particular, this includes representation in clinical reporting and documentation systems and the implementation in the relevant diseases treatment guidelines.

Our memberships in the German Music Council and the Paritätischer Wohlfahrtsverband testifies to our standpoint that music is an important part of cultural and social life.



Missing vocational laws result in the fact that the title Music Therapist is not protected – in theory anyone can use it. To compensate for this, we have created the certification »Musiktherapeut/in DMtG«. We award this to music therapists who can demonstrate

professional experience and training at least to the Bachelor level. In this manner, we make a significant contribution to quality assurance, because our criteria represent appropriate standards for a genuine specialist discipline.

We Certify Quality

Our certification gives patients the security that our certified members have completed a recognised therapeutic music education, are professionally experienced through long-term practice, act in accordance with our ethics code, and pursue continued professional

training regularly. The latter is reviewed every five years. Only those members who submit the respective verification are awarded an extension of their certification.

Adding an Indi

Interacting with colleagues, staying informed, taking part – a DMtG membership offers music therapists many interesting opportunities for professional development. An overview of the advantages:

Networking

DMtG members are part of a nationwide network of colleagues from clinical and outpatient practice, training and research. Members can contact other members, learn from each other or collaborate. Free consultation on all occupational issues is available on the network.

Information

Members receive information about events concerning music therapy and internal activities like the regional Member Days. Exclusive job opportunities are available on the internal job market. Industry news is circulated in email newsletters. All members receive in-depth professional information via the free Jahrbuch Musiktherapie and the Musiktherapeutische Umschau. Downloads of all Umschau articles are available free of charge.



Individual Note



Active Participation

Members can submit their views, encourage changes or participate in forming future strategies, for example in the regional offices or other committees that are represented in the Assembly of Delegates.

Benefits

Members working in private practice can benefit from our favorable insurance contracts for professional liability and office contents insurance. Your own email address at musiktherapie.de is free of charge. Attending conventions often is cheaper for our members.

Imprint

A close-up, vertical photograph of several parallel wooden slats. The slats are made of light-colored wood with a visible grain. They are held together by small metal fasteners, possibly screws or bolts, which are visible between the slats. The lighting is soft, highlighting the texture of the wood. The word "Imprint" is overlaid in the top left corner in a bold, blue, sans-serif font.

Editor:
Deutsche Musiktherapeutische
Gesellschaft (DMtG) e. V.
Naumannstr. 22
10829 Berlin



Tel 030. 29 49 24 93
Fax 030. 29 49 24 94
E-Mail: info@musiktherapie.de
www.musiktherapie.de

Responsible according to German press law:
Judith Brunk



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