

MUSIC THERAPY PROJECT 2010

Sarajevo, Bosnia and Herzegovina



The Project

The idea for this new project arose after some years of short-term music therapy work of European music therapists and students in Bosnia and Herzegovina during the years 2004 to 2008. These projects have been organised in cooperation with EAMTS (European Association of Music Therapy Students) and SZUT (Slovenian Association of Arts Therapists) with different social institutions in Mostar and Sarajevo.

Music therapists in Europe are trained to use music as a medium for self-expression and non-verbal communication. Music therapeutic techniques can be used to connect people of different cultural backgrounds as well as people with different physical and intellectual abilities. Therefore previous work of our organisation has been done in cooperation with institutions for children, youth and adults with special needs. A detailed research has been done on the short-term music therapeutic work done in that frame during the last 5 years, the results were published by SZUT in April 2009 in form of a book:

“Short-term Music Therapy in War-affected Areas”

by Špela Loti Knoll and Claudia Knoll

At this stage of our work a big need for a new kind of project has become clear – long-term work which would enable **sustainability**. The new project idea aims to connect international music therapists with music professionals in Bosnia and Herzegovina, working with similar client groups with various cultural backgrounds in social institutions.

Professionals in Bosnia and Herzegovina do not have access yet to music therapy training programs, while in almost every country of the European Union music therapy is a recognised profession with various study courses. Therefore the second focus of this project will be a **training course** for the involved local musicians, taking place three times during the project period, led by the coordinators of the project.

In the Music Therapy Project 2010 international music therapists from different cultures (e.g. Denmark, Israel, Slovenia, Germany) will **work together with local musicians in the frame of music therapy**, sharing their knowledge, exchanging new ideas, developing skills to support people with special needs by using music to express themselves and to have musical exchanges with others.

Music Therapy Work:

Teams of each one international music therapist and one local musician will work in the cooperating social institutions in Sarajevo from January 2010 until June 2010.

- 1 day a week in each institution
- 2 group therapies + 2 individual therapies, or 3 groups
- group therapy lasts 45 minutes; individual therapy 30 minutes

The partner institution provides:

- the room for therapy (schools provide their music room including musical instruments)
- constant groups of 4-6 children (by arrangement; depending on age and problematic)
- the groups should stay the same for the whole term (only in special cases at least 10 weeks) to enable a therapeutic process
- financial contribution of 1000,- € towards the music therapeutic work, paid to the organising association SZUT in January 2010 or by agreement

The musicians and music therapists will be supported by a team of experienced music therapists from Slovenia and Germany, which will provide regular training, advice and supervision sessions. Supervision and Training take place three times during the whole project: 3 days in the beginning, in the middle and at the end. In between there will be extra supervision via phone for the working teams.

Music Therapy Seminar:

During the time of the Music Therapy Project a seminar about music therapy for interested local professionals like musicians, music teachers, psychologists, social workers and others will take place.

- Seminar I. part: 9./10.01.2010 + Seminar II. part: 10./11.04.2010
- Location: Foundation "Land of friendship and peace" ("Zemlja prijateljstva i mira"), Kakrinje, Rakovica (SARAJEVO)
- Content: Basic theory of music therapy, case studies from different client groups and practical experiences for all participants
- Included: working material, catering, certificate
- Number of participants: 15
- Costs: 100€ for both seminar parts together
- Partner institutions get each 2 free places for their employees

Project time frame: January – July 2010

Living circumstances and related costs for participants

The 2 selected music therapists will live and work in the city of Sarajevo. This will offer them a close insight into everyday life of the local people and the diverse culture in the country. There are possibilities for public transport to all working places. The costs for everyday living and accommodation are not very high in the country. The selected participants will be asked to provide their own costs. The coordinators will provide them with the insight into the expenses. The travel costs depend on their country of origin, the accommodation costs (small apartment) will be around 500€ for the whole period, personal health insurance and the other expenses, which include local travel costs and personal living costs. There are appropriate scholarships possible to get for this kind of work, some charity events can also be organised for such purpose.

The project aims to:

- Enrich musicians and other local professionals in Bosnia and Herzegovina by training and practice with new professional skills, facilitating sustainable music therapy work with children and youth
- Enrich children and youth with special needs and challenging circumstances in Bosnia and Herzegovina with musical exchanges, offering them possibilities to use music for emotional expression and interaction, to raise their creativity and self-confidence
- Enrich the international music therapists with challenging new personal and professional experiences in a foreign culture – in this case the cultural rich and diverse country Bosnia and Herzegovina

About the project coordinators:

Claudia Knoll is a qualified music therapist from Germany. She currently works as a self-employed music therapist in Slovenia. She is treasurer of SZUT and member of the German Music Therapy Association (DMTG).

Špela Loti Knoll is professional oboist and music therapist from Slovenia, working as music teacher, performing musician and music therapist. She is a lecturer for music therapy at Ljubljana University and different Colleges in Slovenia. She is a board member of the SZUT and Slovenian representative in the European Music Therapy Confederation (EMTC).

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