

“Music Therapy – in the rhythm of life”

Music Therapy in documentary films

As part of this master's thesis, a 47-minute film portrait entitled "Music Therapy - In the Rhythm of Life" was realized in cooperation with the filmmaker Thomas Karrer. It gives insight into nine different fields of music therapy practice. The aim was to give a broad audience an impression of the possible uses and working methods of music therapy.

In the context of preparatory research for the film project, eleven films about music therapy from German-speaking countries were analyzed based on the criteria of content, music therapy setting, dramaturgy and recording technology.

In addition, the focus was on definitions of the field of music therapy. Selected sources from specialist literature from 1970 to today as well as current websites of study programs were included and examined based on the criteria of music, methodology, therapy goals, areas of application and setting.

A detailed documentation about the preparation, financing and realization of the film production, the content structure and the evaluation of the product complete the written work.

Keywords: Music Therapy, documentary film, definition Music Therapy