

Creativity in music therapy

Healing effect of music in addiction

The use of psychoactive substances is a cultural phenomenon and is associated with strong positive experiences. Regular use of psychoactive substances often leads to substance-related addiction. Substance addiction is considered very difficult to address therapeutically. Therefore, an integrative treatment approach is the method of first choice.

In this paper, the broad topic of addiction is highlighted and a self-designed music therapy treatment draft, as a part of integrative psychiatric-psychotherapeutic addiction treatment, will be presented. In that treatment draft, the various meanings of creativity in music therapy of substance-related addiction play a primordial role. In a first step, multi-perspective theoretical considerations of such a therapeutic approach are discussed. Then, the practical approach is documented, theoretically supported and illustrated with practical case examples. Furthermore, possible effectiveness and measurement tools of such a music therapy approach shall be presented. An empirical study with a larger number of patients would help to evaluate the effectiveness of such a therapeutic procedure and could strengthen the role and further development of music therapy in addiction treatment.

Keywords: music therapy, psychiatry, psychotherapy, music, creativity, play, addiction, psychoactive substances, consumption, integrative treatment.