

Perception of Music Therapy as a Psychotherapeutic Approach

The accreditation of the music psychotherapy further education program at the Zurich University of the Arts (ZHdK) was rejected in the second instance in 2018. Due to this event, this master thesis deals with the questions of what the psychotherapeutic characteristics of music therapy are and what else is needed for music therapy to meet the standards of a psychotherapeutic approach. To this end, both psychotherapy and music therapy are described and defined in a theoretical section. In a research section, a qualitative questionnaire is used to interview people with a music therapy degree and psychotherapy accreditation as well as the experts involved in the accreditation process.

Music therapy uses psychotherapeutic methods and pursues psychotherapeutic goals. It emphasizes the development of a therapeutic relationship. Music is a specific effective factor in music therapy, which facilitates contact and access to the unconscious through its non-verbal character. In order to meet the standards of a psychotherapeutic procedure, music therapy needs an independent and uniform theory based on music. In addition, the therapy methods must be clearly presented. There is also a need for controlled, evidence-based research and studies on effective factors. Music therapy training courses in particular need more self-awareness, supervision and practical training.

Keywords: music therapy, musicpsychotherapy, psychotherapy, accreditation, standards for psychotherapeutic approaches, effect factor music, Tree of Science