

## **ABSTRACT (ENGLISH VERSION)**

The practice of mindful self-compassion (MSC) has gained increasing interest in chronic pain treatment. This mixed-method pilot study, explored the use of MSC techniques in the context of MTH, to investigate its influence on chronic pain acceptance (CPA) and pain reduction. Eight patients diagnosed with chronic pain attended eighth weekly successive individual MTH sessions. Qualitative data was gathered through focused interviews. Quantitative data by administering the Self-Compassion Scale and Chronic Pain Acceptance Questionnaire and pain perception through Numeric Rating Scale pre-and post-therapy. Qualitative results were analyzed using thematic analysis, quantitative results with descriptive and parametric statistics, comparing and correlating pre-post results. Results indicated that MSC and CPA both increased with a positive correlation and a reduction in pain perception. Qualitative results showed that patients evaluated MTH amongst others, under the aspects of relaxation and self-care. Implications about the use of MSC techniques in Music Therapy were discussed.

Key words: chronic pain, somatoform pain, music therapy, chronic pain acceptance, mindful self-compassion, mindfulness, pain reduction