

Integrated music therapy: methods, objectives, results

• Agnes Pohl-Gratkowski¹

Abstract

Here we have the special aspect of the Gestalt Therapy in between the "Integrated Music Therapy" for children which is taught at the "European Academy of Psychosocial Health" (EAG)/ Fritz Perls Institute (FPI) in Düsseldorf/ Germany. Foundation and leading: Prof. Dr. Hilarion Petzold.

"Integrative" means the unorthodox form of therapy, which benefits from Psychoanalysis, Psychodrama and Gestalt Therapy. Furthermore there is the integrative use of several media, such as movement, dance, use of objects, role-playing, speech.

Gestalt Therapy works with the term of "Closed Gestalt", the status when a process of healthy accomplishment is concluded. If not, therapy would be important to close the "Gestalt". The holistic

idea of body, mind and soul helps to contribute the state of health. Fritz Perls, who founded the Gestalt Therapy, dealt with the consciousness of emotions and the contact to one self and fellow men.

In a video of a music therapy scene with an autistic, mentally handicapped and hyperactive 5 year old boy, the following aspects were shown: the therapist serves the child in contact, he works with his skills and abilities (consciousness, contact). An example of a very basic level for giving and taking as a practice for behaviour patterns.

Corresponding author:

• Agnes Pohl-Gratkowski, Schillerstraße 18, D-51143 Köln, Germany, Tel.: +49 (0)2203/183909, Fax: +49 (0)2203-183911
agnes@gratkowski.com

¹ Köln, Germany