

Rytmene mellom oss. Musikkterapi i behandling av barn med traumer

(P) Presentasjon av praksiserfaringer

13.00-13.25, Spor 4: Auditorium 10

Foredragsholder

Gunn Karoline Fugle, Helse Førde, Førde BUP, gunn.karoline.fugle@helse-forde.no

Sammendrag (her på engelsk, men sammendraget vil senere komme på norsk)

A case involving a 12-years-old complex-traumatized child in foster care. Through improvisation, bodily experience, relational-regulation and symbolization, the goal is to find a place where the child can enter a mode conducive to therapy intervention. The treatment emphasizes building the child's capacity to regulate thoughts and emotions. Active Music Therapy and MI/BMGIM in combination. We will describe the music's role in treating a child with trauma who has been assigned to mental health care, outpatient clinic for children and adolescents, the district general hospital, over a period of three years. Relationships and emotions are at the center of the experiences. The relationship perspective between the therapist and the client is essential to the goal of an increased capacity of regulating feelings. In the treatment, the child expresses itself in interaction with the help of music both non-verbally and verbally, and with symbolization through drawing. The frame of reference is a psychodynamic, integrated trauma and -development psychology and systemic approach. This involves creative and transformative elements in both intrapersonal and interpersonal relationships. A common overall focus of the presentations is the patients' approach to symbolization and developing this self-understanding or regulation in interaction and context. The music therapist takes responsibility for creating a safe environment and pays special attention to micro-processes in the verbal and non-verbal music interaction. This can create opportunities to counteract hypoactivation and hyperactivation and improve the ability to regulate feelings.

Referanser

- Courtois, C. A., & Ford, J. D. (Eds.). (2009). *Treating Complex Traumatic Stress Disorders: An Evidence-Based Guide*. New York: Guilford Press.
- Fugle, G. K. & Johns, U. T. (2021). Musikk som terapeutisk metode til å fremme psykisk helse og vitalitet. I L. I. Stänicke, U. T. Johns og A. F. Landmark (Eds.). *Lek og kreativitet – i psykoterapi med barn og unge*. Gyldendal.
- van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Penguin Publishing Group.