

## **Music Therapy in an Emergency Psychiatric Clinic**

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### SUMMARY

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This research tries to show the aid that the Music Therapy can do to the psychiatric patients of the Hospital Clínic of Barcelona, Department of Psychiatry. Faculty of Medicine of the University of Barcelona.

Music Therapy Service started in January 1975 by S. Poch.

This Department for emergency psychiatric treatment has 35 beds for men and 35 beds for women. The patients can be there no more than 2-3 months. If they need more time of hospitalization they were placed in a Psychiatric Hospital.

The Department of Psychiatry was formed by 10 psychiatrists and services of: pharmacology, family and group psychotherapy, Social Work, Occupational Therapy, Art Therapy and Music Therapy.

**The major problem for the treatment of Music Therapy was the short time of hospitalization and the constant changes of patients in the groups.**

#### **Introduction: Theoretical bases.**

“Music operates on our emotional faculty with greater intensity and rapidity than the product of any other art. A few chords may give rise to a frame of mind which a poem can induce only by a lengthy exposition...” (Hanslick, *The Beautiful in Music*, N.Y.: The Bobbs-Merrill Co.1957; 77).

According to Susan Langer the music has the power of express the feelings due its form and structure, similar to the form of emotions and for that the music can be the symbol of them but **an unfinished symbol**. For this reason the human being can be reflected on it. For that the music it is the language of emotions, of the inexpressible in words. The Greeks were the first to talk about the “ethos” of the Music. Plato’s theory.

#### **Music Therapy Principles:**

Altshuler : “The Organism-as-a-whole”, “ISO Principle”, “Homeostasis Principle”.

Cid: “Liberation Principle”.

Poch: “Compensation Principle”. All of us try to found in Music what we do not have.

If we feel lonely we look for company, if we fell sad for happiness, etc.

Harm Willms: underline the importance of joyful experience in therapy.

**Theory of André Michel:** *The Music it is the Art of Time.*

Only the Music makes possible the simultaneous reasoning at a time: the counterpoint. *The type of thinking of the music it is a-logic*, out of logic, similar to the structure of emotion and the pre-logical type of thinking of the child, the primitive man and the schizophrenic patient.

*Feeling*: The music expresses our secondary sensibility which according Bergson is superior to the logic thought.

### **Assessment of patients:**

Clinical, social, familiar and professional information of each patient.

Questionnaire about music and dance preferences of each patient (Poch).

Information about:

- a) Hospital data.
- b) Clinical
- c) Personal and family.
- d) School, professional and work.
- e) Musical preferences.
- f) Pick experiences on music or dance

### **Research about musical preferences**

Nº of subjects : 50

Sex: 29 men.- 21 women.

Chronological age: 16-70.

Type of illness:

Schizophrenia: 18 .- Neurosis: 9 .- Depression: 11.- Alcoholism: 10.- Adiction: 2

Geographical origin:5.-Canary Islands: 2.-Aragon, Galicia, Valencia, Mexico and Chile:1.

School level:

Not Primary School : 6.- Primary School: 33.- Secondary School: 4.- University: 7.

***Do you like music?***: Very, very much: 2.- Very much : 20.- Yes: 21.- Enough: 3.-

A little: 3 .- Not : 1 (He was deaf).

Positive answer in a 83%.

### ***Why do you like Music?: Music it is for me:***

Pleasure, evasion.....16.....32%

Expression of feelings.....11.....22%

Beauty, culture.....10.....20%

Sedative, calming..... 7.....14%

Expression of self.....6.....12%

Sorrow, preoccupation.....5... ..10%

Religious feelings.....4.....8%

Takes to reality.....4.....8%

Has negative influence.....3.....6%

Helps to work.....2.....4%

### ***What type of music do you like? :***

Folk:.....19.....38% .

Classic.....16.... 32%

Modern:.....16.....32%

Romantic....10.....20%

Other..... ..2.....4%

***What type of music do you dislike?***

Ye-Ye music .....	8.....	16%
Modern.....	6.....	12%
Opera.....	5 .....	10%
Classic, Rock, Jazz.....	3.....	6%
Zarzuela, pop, foreign muñeira, "pachanguera" .....	2.....	4%
Pasodobles, jotás, "pegadiza" ...	1.....	1%
Not answer.....	9.....	18%

The likes and dislikes of music for the patients it is essential to know for the music therapist, especially if he/she has to work not individually but in a group. Furthermore if patients are born out from Catalonia or out of Spain probably they will like the folk music of their lands. For this reason it is very important for the music therapist to know this fact in order can use that folk music in the sessions, if convenient. It is important that each patient found on the sessions very personal and specific memories to can recall – if it is adequate--.

**Organization:**

I was working from 8 am to 14 pm, from Monday to Friday but with patients from 9am-14 pm. I did not have time to work individually, usually.

Frequency of the sessions: 3 times a week each group. One hour session.

Due to the diversity of type of illness the groups were integrated by:

- 1.- Psychotics and schizophrenics
- 2.- Depression states
- 3.- Alcoholics, Hypomaniac states.

**General Objectives:**

- A) The creation of an atmosphere that can help them to recover health.
- B) To provide the possibility to satisfy the basic emotional needs given them opportunities to be accepted, to belongs a group. Etc.
- C) To can satisfy the needs of immature personalities.
- D) To provide "ego" support:
  - showing its personal value;
  - facilitating the owns limitations;
  - creating opportunities to be respected by the others ;
  - creating situations for: **Creative expression.**

To promote the creativity it is for me fundamental.

For Froman-Reichmann the creativity it is fundamental for the autonomic realization of the personality as a mean of health recovery. It is very important **the development of original personal values.** The patient needs to feel that he has personal values so can escape from massification.

- E) To show patient to live with family and pears in harmony.
- F) Possibility to release tensions.
- G) Possibility to conflict expressions.
- H) To show patients how can them utilize music for personal benefit, at home.

**Music Therapy sessions:**

The techniques used were:

- A) Musical listening : After they can express verbally, writing or drawing their thought and feelings. Classical music, movie music. With the aid of landscape posters.

- B) Musical improvisation with Orff and folk instruments. Alfred Schmolztz technique.
- C) Dance free expression, folk dances, social dances.
- D) When needed, supportive verbal psychotherapy with very general orientations.

### **Results:**

#### **Some opinions of the Psychiatrist of the Department:**

The general opinion about the benefits of the Music Therapy for the patients from the Psychiatrists of the Department were:

Music Therapy is beneficial as:

- a) Approach to patients in a personal and affective way.
- b) As a mean of increase of communication between patients.
- c) Music Therapy it is a very effective technique for psychotic patients, with psychopaths and with psychogenic mutism.
- d) As an Occupational Therapy.

#### **Some opinions of patients:**

**1.- The mobilization of the patients.** Many of them would not get up from bed.

*Suicidal attempts:* "When there is Music Therapy session the day for me is being very short. I feel happy all the day long".

*Schizophrenic patient:* "When I arrive here my purpose were do not talk with no one, but after Music Therapy sessions I am friend of all".

*Depression:* "The sessions are all right because I listen music that I like, good music. All of us have problems and to be here help us".

*Profound depression:* "These sessions helps me in the moments of crisis. Today my legs hurt me and could not move them, but here, dancing, I feel well.

*Neurosis of anguish:* "Because we are cloistered here, we feel the problems of the others and for that we felt more sick than we are. Because the music it is very agreeable helps to disinhibit".

*Toxicoses:* "I like music. When I do not come all day long I am in bed. I do not like do nothing. Here I clear my head".

*Suicidal attempts:* "I like very much music, over all zarzuelas. I like this sessions".

*Schizophrenia:* "I like very much to come here. I found distraction and go out of monotony. I feel relaxed. We are as in family. Here I feel more centered".

*Psychoses :* "I like very much to come to music. Makes me very much happy. After I feel joyful. Takes me off the sorrow because the music and you helps me".

*Alcoholism:* "It is very fine to be sessions of music. Has to be music all the time".

*Psychoses:* "These sessions seems to me marvelous. They help us to have good humor and common sense. Cordiality with our friends. I feel more relaxed".