

Appendix #1. Preparatory material

The concept of authenticity is quite widespread within widely differing professional fields and philosophical directions. There is no definite theory of authenticity, and the concept is defined very differently depending on context and needs. In music therapy, there is - as far as I have researched it - not much literature about the phenomenon in the form I want to investigate. One may encounter the concept of musical authenticity, but this is primarily concerning the authentic origin of the instruments and/or the musical expressions belonging to a specific cultural or sub-cultural context. Authenticity is understood in this context as; music played on the original 'authentic instruments' or as a correct reproduction of a previous work, or music performed by the original, 'authentic musicians' or people coming from the specific culture of which the music originates.

My focus in the research project is guided by a curiosity about the professional music therapist, music teacher, and musician's experience of their own authenticity and of being authentically or inauthentically present. Specifically, I have a curiosity about how this could be experienced, understood, defined, and possibly used as a tool of consciousness in the music professional work. My interest does not necessarily focus on whether others (clients, students, audiences) perceive these professionals as authentic, or whether being authentic as a music professional has any particular effect - positive or negative. This is – for now – outside my area of research.

Authentic // Inauthentic in practice

As part of the preparation for the interview, I would like to invite you to reflect on whether you have experienced situations in which you have felt authentic or inauthentic in your professional work. I will encourage you to consider both opposites since describing an experience of inauthenticity may help informing the understanding of authenticity and vice versa.

Try to describe the situations to yourself and consider which components are part of your experience – e.g., How do you experience being authentic // inauthentic in connection with your music professional role(s)? Is it something that can be felt physically? Or is it more of a mental/cognitive experience? Do you make use of certain techniques or is it a more intuitive approach? Are there factors that prevent or promote your experience of authenticity?

These situations are not necessarily something to examine closely during the interview if this is not something you want. It is simply to provide an opportunity to reflect upon the concept in relation to your own practice and some concrete situations and thus initiate a thought process. Thoughts that I would really like to hear more about

Where does the music come from?

During the interview about your experiences of authenticity or inauthenticity in connection with your music professional work, I would also like to ask what you consider to be the source of your music and your musical expression. Where do you find inspiration for the music you make and the way you are with others? If you have several different professional roles; are there any differences in the way you act and interact in music.

Definition of own professional role

I would like to ask you to consider what musical professionalisms / competencies you contain. By 'musical professionalism' I do not necessarily mean solely what title is on your employment contract, what you get your salary for, or what union you are in but rather it is related to what competencies you experience as active when you work professionally with music and other people. These can be music therapy related, musician related, or music educator related competencies. Maybe you also make use of completely different competencies in your work that have an influence on the way you are musically professional and authentic?

Please let me know if you have any questions and then I will wish you an enjoyable reflection process. I'm really looking forward to talking with you.

Kind regards - Julie.