Voices
A WORLD FORUM FOR MUSIC THERAPY

OPEN ACCESS

EDITORIAL

Growing Pains and Unsure Gains: *Voices* Reckons with the Era of Artificial Intelligence

Claire Ghetti [1*], Hanne Fosheim [2], Paschalis Melissas [1], Susan Hadley [3]

Editorial team

[1] The Grieg Academy—Department of Music, University of Bergen, Bergen, Norway
[2] NORCE Research, Bergen, Norway
[3] Slippery Rock University, Pennsylvania, USA

* claire.ghetti@uib.no

Published 5 November 2026

When *Voices: A World Forum for Music Therapy* was launched in 2001, co-founders Carolyn Kenny and Brynjulf Stige articulated the importance of communication across countries and continents, to foster dialogue among emerging and more established cultures of music therapy (2001). A central part of their aim was to provide such a forum with free and open access to all authors and readers. They recognized the internet as an advancement of technology that offered unprecedented opportunities for fostering international dialogue.

Twenty-five years later, we find ourselves again at the crossroads of unprecedented technological advancement, as artificial intelligence permeates nearly all aspects of our existence. We have algorithms for image analysis that can translate images into descriptions for those who use screen readers, and algorithms for speech analysis that automatically transform speech to written text. Algorithms are used to analyze our listening habits on music streaming platforms to recommend personalized content. Large language models are integrated into productivity software to generate meeting transcripts, summarize large amounts of text, or help us brainstorm ideas for formulating written content. As authors and researchers, we may use AI models for language translation, grammar and tone analysis, creation of images and graphics, or for generating code for data analysis.

When the journal was first established in 2001, artificial intelligence was already being applied in healthcare through machine learning methods (Kononenko, 2001; Kurgan et al., 2001). In the following decades, AI was also included in developing sophisticated chatbots that provided more human-like user interactions. A significant shift came in November 2022 when OpenAI introduced ChatGPT, based on large language models that could generate new content in a natural language (Lappalainen & Naryanen, 2023). After two months, it was estimated that ChatGPT had 100 million active users (Hu, 2023).

Publisher: GAMUT - Grieg Academy Music Therapy Research Centre (NORCE & University of Bergen)
Copyright: 2026 The Author(s). This is an open-access article distributed under the terms of the http://creativecommons.org/licenses/by/4.0/, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.
DOI: https://doi.org/10.15845/voices.v26i3.5249

We recognize that AI tools are rapidly evolving and have become integrated in numerous elements of daily life and scholarly work. This development creates new opportunities, but at the same time fundamentally challenges established ethical guidelines in scholarly publishing concerning authorship, research quality, and integrity. In peer review and editorial work, use of AI tools can lead to ethical dilemmas, particularly when used in a manner that rewrites or alters the author's voice (Committee on Publication Ethics [COPE], 2026). There are also concerns about confidentiality, particularly when unpublished manuscripts are uploaded to AI systems where confidentiality cannot be ensured (ICMJE, n.d.).

With this editorial, the team at *Voices* introduces the first version of our AI policy. The purpose of the policy is to establish a guiding framework for authors, reviewers, and editors. We anticipate that the guidelines will be updated periodically to meet emerging standards for AI in scholarly publishing. In the policy, we describe the principles for use and disclosure of AI-assisted tools, and emphasize that the responsibility for scholarly work, review, and editorial decisions always remains with humans: authors, reviewers and editors. Our guidelines are based on AI-related resources provided by the International Committee of Medical Journal Editors (ICMJE), Directory of Open Access Journals (DOAJ), and the Committee on Publication Ethics (COPE). We refer to these resources for more detailed ethical and practical guidance on responsible use of AI tools.

As detailed in our AI policy, *Voices* advocates for responsible AI use that minimizes computational resources and energy consumption. Undoubtedly, the environmental footprint of AI begins at the stages of design, training, and re-tuning (van Wynsberghe, 2021), but significantly extends with every query, as data centers running these systems demand constant electricity and cooling and generate significant carbon dioxide emissions (Goel et al., 2024). Because using AI is a choice, not a necessity, authors, reviewers, and editors are asked to weigh its environmental, economic, and social costs, and use it only when it adds clear value to their work (van Wynsberghe, 2021).

Authors, reviewers, and editors are also asked to respect data privacy laws, protect research confidentiality, avoid unintentionally sharing unpublished work, and safeguard values such as dignity, fairness, and justice, remembering that not everyone has access to paid tools. In this respect, using AI less, or choosing the right tools while recognizing and mitigating their potential biases, signifies greater integrity and supports the principles of reliability, honesty, respect, and accountability that *Voices* espouses.

In their inaugural greeting to the readership of *Voices*, Carolyn and Brynjulf asked what role music therapy plays in community and society (2001). In the context of today's globally-connected, rapidly accelerating era of artificial intelligence, we ask the same question. What roles do music therapists and music therapy play in our modern societies, and in the face of such transformations? Do music therapists call for slowing down, resisting the temptation to ever accelerate, and instead choose to be present and take time to fully "resonate" with others?[1] Is it possible to both advocate for the use of AI to improve accessibility and adaptability, while simultaneously criticizing how many forms of AI contribute to depletion of natural resources, environmental strain and labor exploitation? How do we mitigate the fact that large language models contribute to amplifying inequities and systematic biases? Is it enough to advocate for small-scale models that help address particular needs, but minimize impact on the environment? We find ourselves in a dizzying and paradoxical reality of paradigm-shifting possibilities, and doomsday prophecies. What is undeniable is that artificial intelligence is here to stay, and that we must reckon with it while holding fast to our values.

[1] For example, the forthcoming interdisciplinary monograph from Varkøy et al. (in press) responding to and resonating with sociologist Hartmut Rosa's concept of *resonance*.

Overview of Articles in This Issue

In this issue, we have three reflections on practice, two research studies, and a position paper. The authors span Australia, Czech Republic, Norway, Spain, the United Kingdom, and the United States.

To open the issue, Makeda Mitchell and Alexia Quin, based in the UK, and Lucy Bolger, based in Australia, describe the implementation and results of a questionnaire that was given to international partners to evaluate an international Music as Therapy (MasT) skills-sharing project. The questionnaire was developed to garner feedback from project participants from seven countries who had participated in the program over a span of 21 years. The authors provide insight into the process and benefits of engaging in large-scale program evaluation across cultural contexts.

The second reflection on practice, by Susan Mandel and Suzanne Hanser in the US, explores the professional research collaboration through the personal and professional journeys of two music therapists. Through short, reflective segments, they describe how their collaborations have shaped their professional growth. Their aim in doing this is to provide a model for effective and fulfilling collaborative work.

In the third reflection on practice, Czechian music therapist, Tomáš Vacek, introduces the concept of Daseinsanalysis, an approach grounded in the existentialist philosophy of Martin Heidegger. Vacek applies this concept to music therapy, emphasizing therapeutic being and viewing the person experiencing music therapy holistically, rather than focusing on diagnoses, symptoms, and changing behaviors. The aim of this work is to find genuine relationships and deep bonds.

Both of the research articles utilized reflexive thematic analysis to analyze their data. Tina Hitchens, Victoria Clarke, and Luke Annesley from the UK gathered data by using a story completion-reflexive improvisation-interview (SC-RI-I) method to explore UK music therapists' perspectives on mental health diagnoses, including assumptions, beliefs, and approaches to mental health diagnoses. The authors hope that the SC-RI-I method will prove to be valuable for future music therapy research in its ability to produce rich and detailed data regarding music therapists' experiences and perspectives.

Guro Høimyr and Karette Stensæth from Norway utilized field notes, audio memos, and individual and group interviews to explore the ways in which a music therapist-researcher built trusting relationships with adolescents engaging in school revues. The authors purport that the researcher's skills in music therapy improvisation, such as timing, responsiveness, and relational restraint, informed her observations and interactions, and helped to establish trust with the research participants.

Finally, Spanish music therapist David Lanau reflects on the importance of ongoing supervision as essential for music therapy trainees and professionals to support therapist growth, prevent burnout, and provide effective support for people engaging in music therapy. Lanau emphasizes the essential role of supervision in protecting both the therapist and clients. Noting that there are many approaches to music therapy supervision, Lanau describes the supervision model he engages in which is grounded in the relational psychoanalytic perspective, that combines both verbal processing and music.

Welcome

We take this opportunity to welcome Paschalis Melissas, who joins our team in the role of layout editor. Paschalis has hit the ground running and has worked hard to prepare the manuscripts for this issue and contribute to the finalizing of our AI policy. With a background in software engineering and AI, and a passion for promoting accessibility, we are excited to see how Paschalis can help us navigate the current technological era.

References

Committee on Publication Ethics. (2026). *Should there be limits to the editorial use of assistive AI tools?* https://publicationethics.org/guidance/case/should-there-be-limits-editorial-use-assistive-ai-tools

Goel, A., Masurkar, S., & Pathade, G. R. (2024). An overview of digital transformation and environmental sustainability: Threats, opportunities, and solutions. *Sustainability*, *16*(24), 11079. https://doi.org/10.3390/su162411079

Hu, K. (2023, February 2). ChatGPT sets record for fastest-growing user base—Analyst note. *Reuters*. https://www.reuters.com/technology/chatgpt-sets-record-fastest-growing-user-base-analyst-note-2023-02-01

International Committee of Medical Journal Editors. (n.d.). *Use of artificial intelligence in publishing*. https://www.icmje.org/recommendations/browse/artificial-intelligence/

Kenny, C., & Stige, B. (2001). Voices: A World Forum for Music Therapy. A new avenue for communication among music therapy communities. *Voices: A World Forum for Music Therapy, 1*(1). https://voices.no/index.php/voices/article/view/1613/1372

Kononenko, I. (2001). Machine learning for medical diagnosis: History, state of the art and perspective. *Artificial Intelligence in Medicine*, *23*(1), 89–109. https://doi.org/10.1016/S0933-3657(01)00077-X

Kurgan, L. A., Cios, K. J., Tadeusiewicz, R., Ogiela, M., & Goodenday, L. S. (2001). Knowledge discovery approach to automated cardiac SPECT diagnosis. *Artificial Intelligence in Medicine*, *23*(2), 149–169. https://doi.org/10.1016/s0933-3657(01)00082-3

Lappalainen, Y., & Narayanan, N. (2023). Aisha: A custom AI library chatbot using the ChatGPT API. *Journal of Web Librarianship, 17*(3), 37–58. https://doi.org/10.1080/19322909.2023.2221477

van Wynsberghe, A. (2021). Sustainable AI: AI for sustainability and the sustainability of AI. *AI and Ethics*, *1*(3), 213–218. https://doi.org/10.1007/s43681-021-00043-6

Varkøy, Ø., Røyseng, S., & Stensæth, K. (Eds.). (In press). *Music and resonance: On Hartmut Rosa's theory in music research*. Cappelen Damm.