

Moments of Interest in personalized music therapy

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Abstract:

Experiences of resonance between patients and therapists are often described in clinical case reports of music therapy. In our research project at the Josef Ressel Center Krems, we are studying subjective experiences of participants during these special therapeutic encounters, the description of their content and the conditions, which lead to them.

For participants, such experiences of resonance or "moments of interest" (MOIs) can be musical encounters which simultaneously reflect a shared consciousness and perception of non-verbal interaction, the experience of expressing himself or herself as well as the feeling of being understood. Social neurosciences offer the possibility to explore interpersonal processes of music therapy interaction and physiological changes at the neural level by hyperscanning. Via interview and participatory observation, additional qualitative aspects of actually "being-in-relationship" can be explored in order to recognize how and why certain moments during therapy are considered to be of interest or not.

In this presentation, we introduce the concept of moments of interest and ways to identify them by using various scientific-methodological approaches. On basis of a clinical case vignette we look at qualitative data of the interviews with patients and therapists, as well as the video analysis of specific moments of interest in music therapy.