



Interactive Music Therapy in Child And Family Psychiatry: Clinical Practice, Research and Teaching

Amelia Oldfield

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This practical book outlines and explains the rationale for using music therapy in child and family psychiatry. Amelia Oldfield reflects on current research methodology and describes characteristics of her own approach to therapy sessions, including how to start and end the session, how to motivate children and establish a positive musical dialogue with them, and how to include parents in the session. She also uses video analysis techniques to assess and advance the role of the therapist. Individual chapters focus on the results of the author's research investigations with specific groups such as mothers and young children, groups of adults with profound difficulties, children with autistic spectrum disorder or severe physical and mental difficulties, as well as children without clear diagnosis. Case studies and vignettes supplement these examples. The author also considers the whole process from the initial referral for therapy and using psychiatric music therapy for diagnostic assessment to how to end treatment. This book is accessible to music therapists, psychiatrists, nurses and occupational therapists working with children and families, as well as music therapy trainers, their students and academics interested in music therapy.

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