

MUSIC THERAPY IN AUSTRIA

History

1959 - 1970

In 1959 the first European music therapy training program was initiated at the former Academy of Music and Performing Arts in Vienna.

In the very first years (1959 - 1970) multi-disciplinary structures were formed between important clinics and the Academy. Typical for the Viennese music therapy was this multi professional aspect, may be because Vienna was famous both for its music tradition and its psychotherapy.

At the beginning from this period the science of world harmonics (after the model of the Swedish school of Aleks Pontvik) built the theoretical background of education.

Pioneers in the field of music therapy were: Editha Koffer-Ullrich, Albertine Wesetzky, Ilse Casellitz, Georg Weinhengst, Margit Schneider, Stella Mayr and Alfred Schmözl.

1970 - 1992

From 1970 to 1992 Alfred Schmözl headed the "Lehrgang für Musiktherapie".

Theoretical and practical backgrounds changed in this period. In close co-operation with famous medical directors (Erwin Ringel, Andreas Rett, Otto Hartmann / Raoul Schindler) practical studies in the three most important fields psycho-somatic, paediatrics and psychiatry were established.

Characteristics in this time were:

- * shift from receptive to active methods
- * development of "musical partner play" ("musikalisches Partnerspiel", Schmözl)
- * emphasis on therapeutic relationship
- * music therapy oriented introspection training ("Lehr-Musiktherapie")

1992 - 2003

A definite direction towards psychotherapy, based mainly on psychodynamic and humanistic methods, took place in 1992, when the "Lehrgang" formally was changed into a "Kurzstudium". Also the Academy was transformed into University of Music and Performing Art in 1998. Since 1992 music therapy is included in the Austrian psychotherapy law as a "Quellenberuf" (source profession).

Personal therapy, as well individual (90h) as in group (180h), and practise under permanent supervision (650h) of a music therapist (who works for University, what means only for the students!) in more than 4 fields characterise the music therapy training.

Obligatory internships are in the fields of the neuro-psychiatry for children and juveniles, psychosomatic, and psychiatry. For alternative internships, students can choose between neurological rehabilitation, psychosomatic (children), special education school, paediatric, elderly people, people with learning disabilities, neonatology.

From 2003 on the new law for Austrian universities enables master theses now and in future a Ph.D. study of music therapy. A new contract of cooperation with the

University of Medicine is just signed and will give music therapy new impulses concerning instruction and science.

Research

Traditionally there has not been much empirical research on music therapy in Austria, apart from the work that is done for diploma theses. Recently, however, there has been an increasing interest in research, and Austrian music therapists are increasingly present at national and international conferences on music therapists and psychotherapists. Christian Gold has done empirical research on the efficacy and effectiveness of music therapy in the field of psychiatry as part of his PhD training in music therapy at Aalborg University. Dorothea Oberegelsbacher has done an investigation into music therapy with a disabled adult for her doctorate degree in psychology at Vienna University, and has recently done research on the working factors of music therapy with psychosomatic patients. Dorothee Storz has developed a model for focused short-term music therapy in psychiatry and Elena Fitzthum has done historical research on the roots of Austrian music therapy before 1959, both did this as part of their doctoral training in musicology at the Music University Hamburg (parts of this paragraph cited from Gold, 2003). Furthermore, Johanna Wimmer-Illner has done a single-case study on music therapy and relationship for her diploma theses in psychology at Vienna University.

Training Course

Universität für Musik und darstellende Kunst
Anton von Webernplatz 1
A 1030 Wien
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Austrian members of the EMTC

ÖBM

The *Austrian Association of Professional Music Therapists (ÖBM)* was founded in 1984 and counts about 100 members.

The functions are:

- to promote legislation in order to protect the professional image
- to obtain state recognition
- to organise continuing education
- to promote research, national and international contacts and jobs

Österreichischer Berufsverband der MusiktherapeutInnen
Pottendorferstr. 1/11, 1120 Wien (Vienna)

oebm@telering.at
<http://members.telering.at/oebm>

WIM

The "*Wiener Institut für Musiktherapie*" (WIM) was founded in 1997. The purpose is to promote the autonomy of music therapy in Austria and to integrate music therapy into the field of psychotherapy as a separate method. The three leaders of this private institute created a book series titled "Wiener Beiträge zur Musiktherapie".

Dr. Elena Fitzthum (fitzthum@aon.at), Dr. Dorothea Oberegelsbacher (oberegelsbacher@mdw.ac.at) and Dr. Dorothee Storz (storz@mdw.ac.at).

Books

Fitzthum, E., Oberegelsbacher, D., Storz, D. (Ed.). 1997. Wiener Beiträge zur Musiktherapie. Weltkongresse Wien – Hamburg 1996. Edition Praesens. Wien

Österreichischer Berufsverband der MusiktherapeutInnen, ÖBM. (Ed.). 2000. Wiener Beiträge zur Musiktherapie. Band 2. Symposium Bilder einer Landschaft. Edition Praesens. Wien

Oberegelsbacher, D., Storz, D. (Ed.). 2001. Wiener Beiträge zur Musiktherapie. Band 3. Theorie und klinische Praxis. Edition Praesens. Wien

Storz, D. 2003. Wiener Beiträge zur Musiktherapie. Band 4. Fokale Musiktherapie. Edition Praesens. Wien

Fitzthum, E. 2003. Wiener Beiträge zur Musiktherapie. Band 5. Von den Reformbewegungen zur Musiktherapie. Edition Praesens. Wien

Fitzthum, E., Gruber, P. (Ed.). 2003. Wiener Beiträge zur Musiktherapie. Band 6. Give them Music. Musiktherapie im Exil. Edition Praesens. Wien

Smetana, M., Heinze, S., Mössler, K. 2005. Wiener Beiträge zur Musiktherapie. Band 7. Stille – Sterben – Erwachen. Edition Praesens. Wien

Delegate :

Dr. Elena Fitzthum, music therapist (ÖBM), psycho-therapist (Gestalt), Supervisor (ÖBVP).

Reference

Gold, Christian (2003). Music Therapy in Austria. Voices: A World Forum for Music Therapy.