



METADATA

Title: Music therapy: symphonic journey in well-being

Other Titles: -

Language: Greek

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ISBN: 978-618-228-046-1

Subject: LAW AND SOCIAL SCIENCES, HUMANITIES AND ARTS

Keywords: Receptive music therapy / Interactive music therapy / Interdisciplinary music therapy / Remote interventions / Music therapy - Approaches

Bibliographic Reference: Psaltopoulou, T. (2023). Music therapy: symphonic journey in well-being [Undergraduate textbook]. Kallipos, Open Academic Editions. <http://dx.doi.org/10.57713/kallipos-276>

Abstract

The aim of this book is to offer information and retraining to the Greek reader who is interested in creative arts therapies with special focus on music therapy. As the creative arts therapies have already been upgraded from alternative therapies to complementary, they gain more respect, they comprise an integral part of integrative therapies and they are very important in health care settings, as well as in education. The aims of this book are to cover the needs of music therapy trainees and to compensate for the lack of appropriate resources in Greek language -especially in clinical and research work that takes place in Greece. The content

covers the areas of receptive, active, interactive, and remote music therapy, creative arts therapies, as well as remote music education enriched with music therapy elements. The book offers theoretical background, guidelines for music therapists, exercises and excerpts from clinical work, case studies and research, as they have been conducted in psychiatric inpatient unit, in psychiatric unit for the adolescent, in cardiac surgery hospital, in women survivors of domestic violence settings, as well as in remote music therapy. The resources come from the international bibliography, as well as from international and Greek practice and research.

