Looking for sound identity

Grazia Parente – Fabio Circelli
Where the project took place

The project took place in a residential and day-care facility in South Tyrol, about two years (2013-2014). Therein adults are hosted with different physical and mental disabilities. All of them were involved in the music therapy project.
Identification of the system and its characteristics

Facility / Center

- Administration
  - Organizational secretary
  - Management
  - Social assistants

- Sheltered Workshop
  - Diurnal
  - Convitto

External expertise

Relatives
Analysis of the demand: looking for identity with the music therapy

Explicit content

To integrate

Implicit content

To reword

Flexibility

To contextualize

To reword
Project structure

- Presentation
- Methods of intervention
- Identification of general goals-reaching- evaluable
- Reference Model
- Times / places / «actors» involved
- Interim and final evaluation
- Perspectives and future proposals
Objective developed in two years

To rebuild the musical history of patients through both words that non-verbal experiences developed with the music therapy.
**Target for the year 2013**

In the first year three music therapists have researched the "sound portraits" of participants.

**Target for the year 2014**

In the second year, two music therapists have expanded the research into “sound narrations”.
Basis for an integrated participation

- Year 2013 - Search by parents and educators of the functionality and the unique features of each patient, also through personal musical history: individual music identity

- Year 2014 - Sound identity musical metaphor of the system through a creative musical and theatrical work that involved all stakeholders (educators-parents-patients): sound identity group
Methods of intervention

- External Expertice
- Music therapy
- Musical Psychodrama
- Sound Portraits
- Sound Narrations
- Open Day

- Patients Individual
- Patients Group
- Patients Group
- Patients Group
- Patients Group
- Patients Group
- Patients Group
Project goals

Inside the structure

Socio-affective, cognitive and relational objectives

Outside the structure

Individual and group integration

Social and communication goals
# Techniques - methods - skills

<table>
<thead>
<tr>
<th><strong>Verbal</strong></th>
<th><strong>Non verbal / para-verbal</strong></th>
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<tbody>
<tr>
<td>Empathic listening</td>
<td>Empathic improvisation</td>
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<tr>
<td>Reformulation of the question</td>
<td>Creative design</td>
</tr>
<tr>
<td>To harmonize conflicts through experiential paths</td>
<td>Receptive music therapy</td>
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<tr>
<td>To create network</td>
<td>Memories and rework in music</td>
</tr>
<tr>
<td>To insert new ways of listening</td>
<td>Autobiographical scenes</td>
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<tr>
<td>Free associations</td>
<td>Creative writing</td>
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The patient's identity sound research

**Past**
The relatives tell: patient's history of music, what music listened to and how was activated, singing of the mother, the musical history of the family, played any instrument

**Present**
Educators tell: music heard in structure, sensitivity to particular music or sounds, ability to express themselves musically, interest in listening to and making music

**2013**
Music Therapist: Reworking of the information through music therapy

**Patient and his personal sound expression**
The individual sound identity: sound potraits

- Patient sound expression: favorite musical instruments and how to play them
- Music of the heart: melodies, lyrics of a song and its theme, tone, rhythm and harmonies
- Sound of voice: prosody, rhythm, intonation
- Informal score: colors, graphic line, creative expression through drawing or writing
- Body expression: muscle tone, fine motor and gross, "living space"
Discovery and expression of a group sound identity

2014
Individual identities become added value for the group search for identity: Knowledge, sharing and integration

Music therapy
Empathic improvisation; creating sound environments; receptive music therapy

Mentalization and symbolization of the creative process: group sound identity

Musical Psychodrama
Sound and verbal improvisation; creation of a verbal and scenic history
The group sound identity: sound narrations

- Each participant has become part of the whole, according to his abilities / talents / skills
- Involvement of the entire system: patients, family members, educators
- Creative process developed through music and theater paths
- Creation of sound narratives represented in the open day
Why an «Open Day»?

- Involvement of the whole structure and social return
- To capitalize on the two-year work (2013 - 2014)
- To show the “route taken”
- To bring out the sound identity valuing the group identity
- Integration of all individuality, talent and professionality
Identity or identification?

- Identity is not a number, a passport or a piece of paper
- The identity may be confused with the identification
- Identification is what differentiates me, what distinguishes to me: each one is unique, it is not replaceable and therefore is incomparable
- To treat someone as a unique means to discover the divinity that is in him: the identity of the not-identity

*R. Panikkar (1918 – 2010)*
Valuation aspects

What we are going to evaluate and by what means:

qualitative and quantitative evaluation of the proposed objectives

- Gratification and welfare of patients
- Good atmosphere in the groups
- Skills and talents expressed
- New skills acquired by the patients that they can spent in other contexts
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- J. CAGE (1985), *Thirteen Harmonies*
- N. ROSSO (1966), *La montanara*
- S. REICH (1976), *Music for 18 Musicians*
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• She is a consultant as Professional of Music Therapy for various organizations and associations in South Tyrol, for about 15 years working with people with mental and physical disabilities of different ages and in different fields: Handicap sector, Hospice, personal development groups.

• She has an 'Holistic' background that integrates technical / practical skills with the artistic / expressive.

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• He is a consultant as Professional of Music Therapy for several private and public entities in South Tyrol and Tuscany.

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