



專業音樂治療中心(香港)有限公司  
Professional Music Therapy Centre (Hong Kong) Company Limited

Proudly Presents

# Improvisational Music Therapy: Exploring Nordoff-Robbins and Psychodynamic

## Music Therapy

### 即興音樂治療：

### 探索魯道夫-羅賓斯及 心理動力學音樂治療



Date: Jan 4th - 6th, 2019 (Fri - Sun)

Time: 9.30am-5pm

Venue: Jockey Club Creative Arts Centre,  
Shek Kip Mei, Kowloon

Fee: \$3600/person

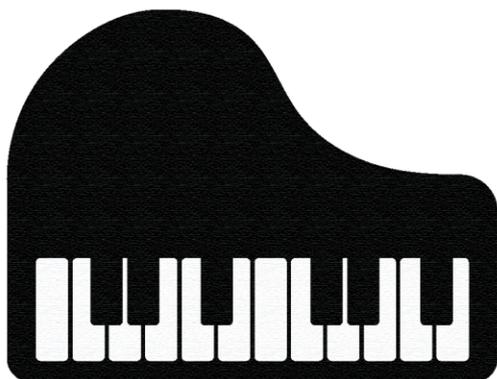
\$3200/person early bird  
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**Workshop Trainer:**

**Jacqueline Z Roberts**

Professor in Music Therapy,  
Guildhall School of Music & Drama, London  
Former Senior Tutor & Music Therapist,  
Nordoff Robbins, London



We will cover mainly these aspects during the three-day workshop:



What is improvisational music therapy? Why music? Why improvisation?  
How and why does it help? Why so many forms of music therapy? (Mapping the territory).



Considering some of the developments and influences on NRMT and PMT (and other music therapy approaches) in recent years, and the differences and overlaps between approaches.



Concepts and techniques in clinical practice from NRMT and from PMT perspectives will be illustrated by case material with children and young adolescents, including some child-parent and family work.

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**The purpose of these seminar-workshops is to explore improvisational music therapy, asking:**

- (1) What is improvisational music therapy? Why music? Why improvisation? How and why does it help? Why so many forms of music therapy? (Mapping the territory).
  - (2) What are the core concepts and forms of clinical practice in Nordoff-Robbins Music Therapy and in psychodynamic music therapy? Compare and contrast.
  - (3) What are the helpful features of improvisational music therapy in the different approaches with children who have emotional, behavioural, developmental and psycho-social needs?
- As music therapy has developed as a profession, so have its approaches and techniques, with increasing specializations and accredited post-qualifying trainings. This can be overwhelming in its diversity. This weekend seeks to “map the territory” by exploring some of the basic aspects of improvisational music therapy through the lenses of two of the earliest, pioneering approaches: that of Nordoff & Robbins (NRMT) and psychodynamic music therapy (Juliette Alvin) (PMT), and their followers. We will be highlighting “music as therapy and music *in* therapy” (Bruscia, 1998/2014). We bring this up to date by considering some of the developments and influences on NRMT and PMT (and other music therapy approaches) in recent years, and the differences and overlaps between approaches.
  - Concepts and techniques in clinical practice from NRMT and from PMT perspectives will be illustrated by case material with children and young adolescents, including some child-parent and family work.
  - Questions are welcomed in advance or throughout the workshop in interactive observations, discussions, with some demonstrations and playing to enrich our workshop experience.



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## Biographical Note

Jacqueline Z Roberts is a teaching professor at the Guildhall School of Music & Drama, and has over 30 years' clinical experience in music therapy with children, adolescents and adults. She has helped train and supervise many generations of music therapists at the Guildhall, and at Nordoff Robbins London where, as Senior Tutor, she taught Nordoff Robbins Core Studies, Clinical Improvisation, Musical Resources, and interdisciplinary theory informing music therapy. Her early work in Child and Adolescent Mental Health and Child Development Services in a London NHS children's hospital, developed her special interest in working with traumatized and vulnerable children, including those with attachment disorders, selective mutism, early trauma, eating disorders, as well as autistic spectrum conditions. She also has extensive experience of working with adults, across a wide range of needs (mental health, wellbeing, and learning disabilities). Holder of two Research Fellowships at City University (1997-2002) and an Honorary Music Therapist at St. George's Hospital Child and Adolescent Eating Disorders Unit, London, she investigated processes of attachment and symbolization in music therapy. Jackie has published in music therapy and psychology books and journals. She teaches and supervises internationally, and has a private supervision and teaching practice in London.





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參與活動 (請加上✓號)	活動名稱	日期	費用
	<b>Improvisational Music Therapy: Exploring Nordoff–Robbins and Psychodynamic Music Therapy</b>	<b>2019年1月4–6日 星期五至星期日 9.30am– 5pm</b>	<b>\$3600(10月21日或之後) \$3200(10月20日或之前) (請刪去不適用者)</b>

完成課程 / 工作坊之學員將獲發證書乙張，請填寫證書內的英文姓名，我們會根據你的寫法（如：大小寫、姓氏排位、個人英文名、括號等）：\_\_\_\_\_。

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4. 本中心收到參加表格及支票後，將會在三天內發電郵回覆確認。
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