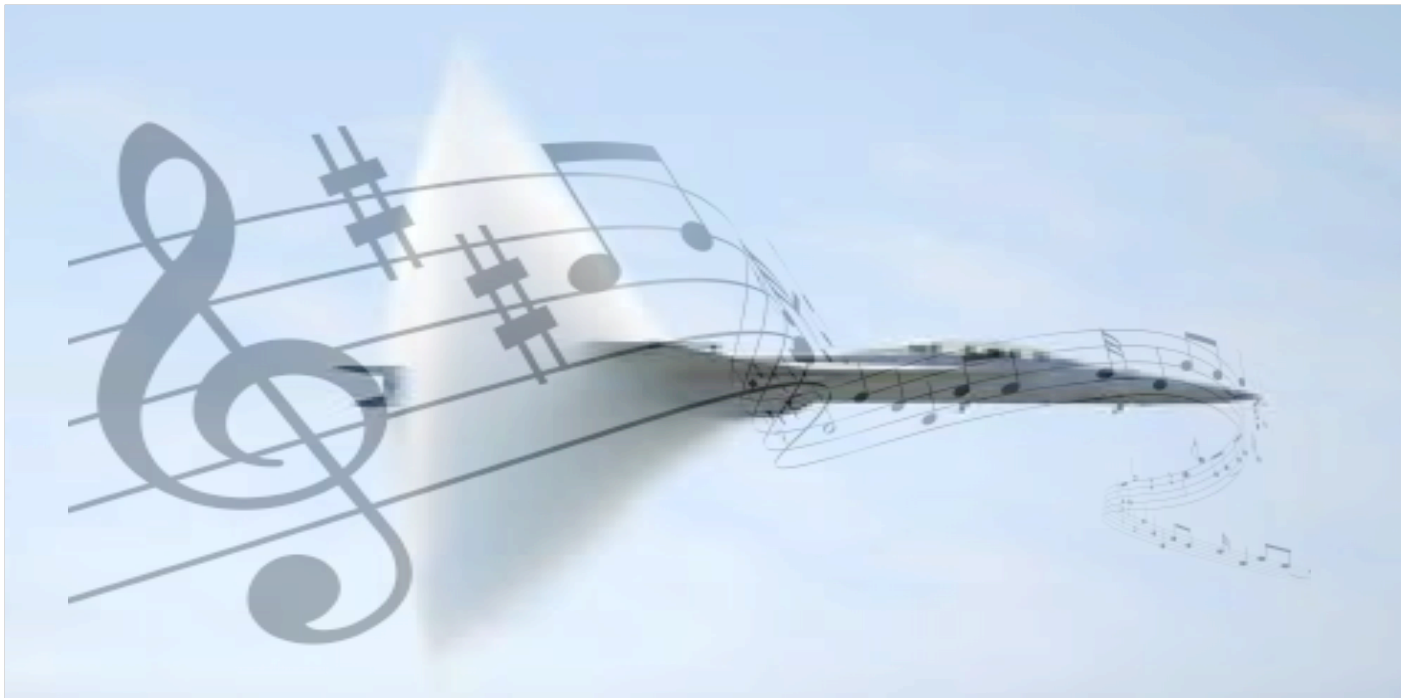


Musica Humana

When Music Breaks the Sound Barrier in Music Therapy



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Musica Humana



Anicius Manlius Severinus Boëthius
(5th/6th Century CE)

Levels of Music

Boëthius, *De Musica* (1989 Translation)

Musica instrumentalis — instrumental music (incl. human voice)

Musica humana — harmony of human body and spiritual harmony

Musica mundana — music of the spheres/world

Musica divina — music of the gods



Musica Humana (cont'd.)

Boëthius (1989)

Whoever penetrates into his own self perceives human music [*musica humana*]. For what unites the incorporeal nature of reason with the body if not a certain harmony and, as it were, a careful tuning of low and high pitches as though producing one consonance? What other than this unites the parts of the soul, which...is composed of the rational and the irrational? What is it that intermingles the elements of the body or holds together the parts of the body in an established order? (p. 10)

Musica Humana

VS.

Musica Instrumentalis

- From a humanistic (and Boëthian) perspective, *Musica Instrumentalis* is an analogical, concrete expression of the more fundamental, profound, and pervasive *Musica Humana* (not the other way around)
- *Musica Instrumentalis* and *Musica Humana* can be differentiated and/or fused to varying extents—depending upon developmental stages and contexts of application (consider Creative Music Therapy vs. Analytical Music Therapy)
- *Musica Instrumentalis* can provide an invaluable access “window” or “conduit” into the apprehension of *Musica Humana* (e.g., the rigors of private music instruction)—not to mention an unparalleled liminal/transformational medium/space (e.g., within the sound-based music therapy session)—but the work in sound is ultimately “about” *Musica Humana*

Some Humanistic/Existential Perspectives Supporting a Conception of Music as *Musica Humana*



Martin Heidegger
Mit-Sein (Being-With)



Rollo May
Love and Will



Carl Rogers
A Way of Being

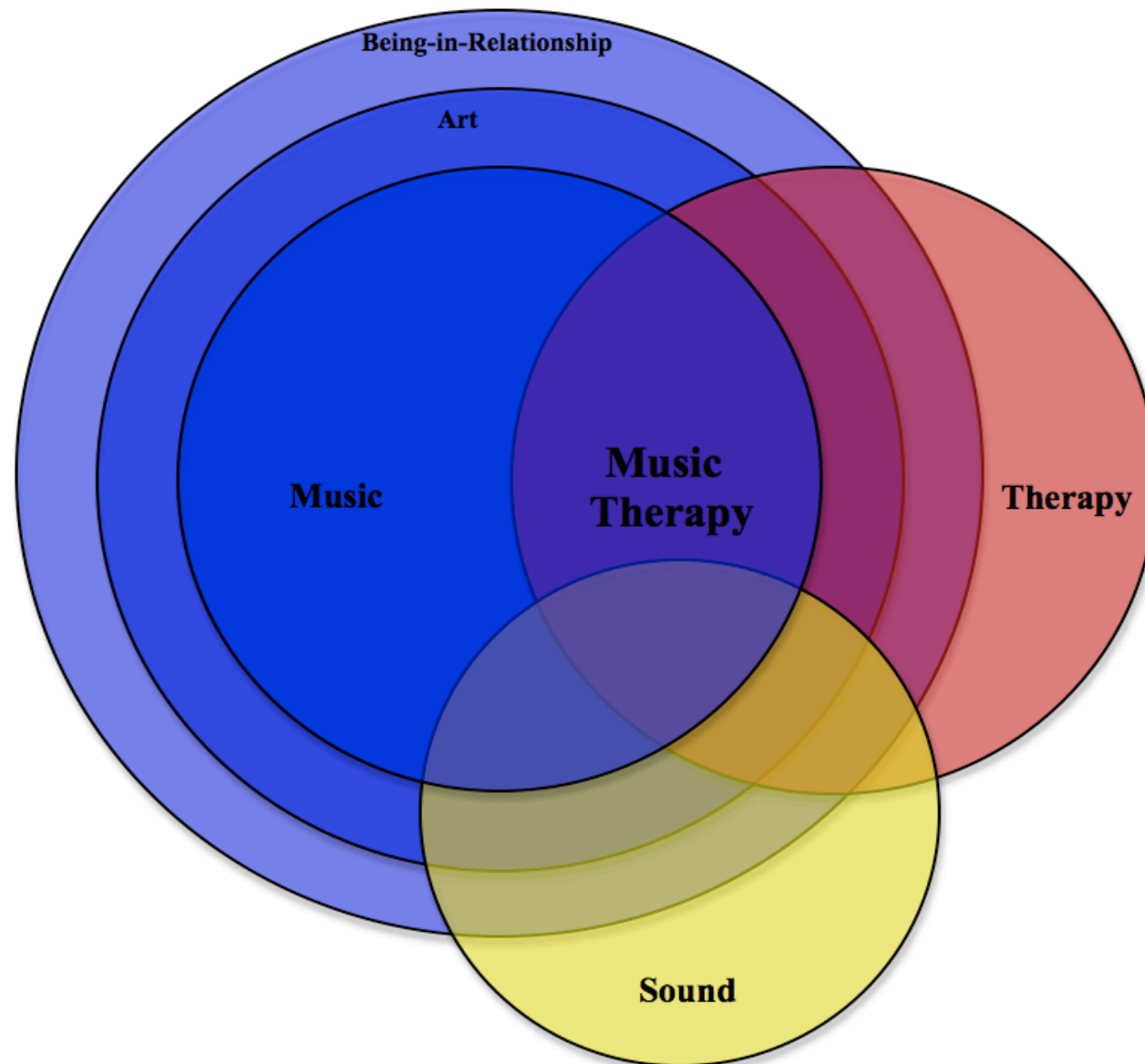
Humanistic Principles of Music

- *A way of being*
- Relational
- Fundamental facet of *human health*, embodied in *all* aspects of humanity
- Transcends sound as a particular, concrete, *material* and/or *procedural* medium
- Nondeterministic: *An opportunity* that the client can *use*

Humanistic Principles of Music (Continued)

Music Therapists apply their own particular, well-cultivated, musical sensibilities, to help promote development of music as health, without necessarily utilizing the primary medium associated with their discipline.

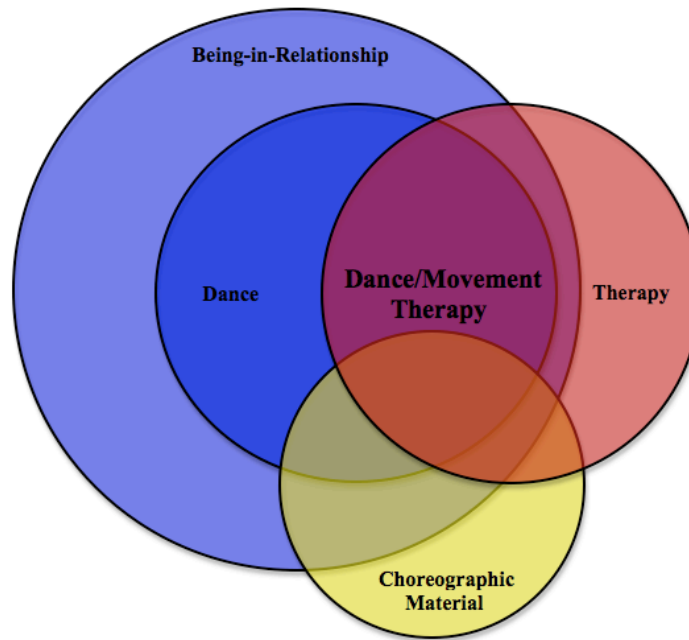
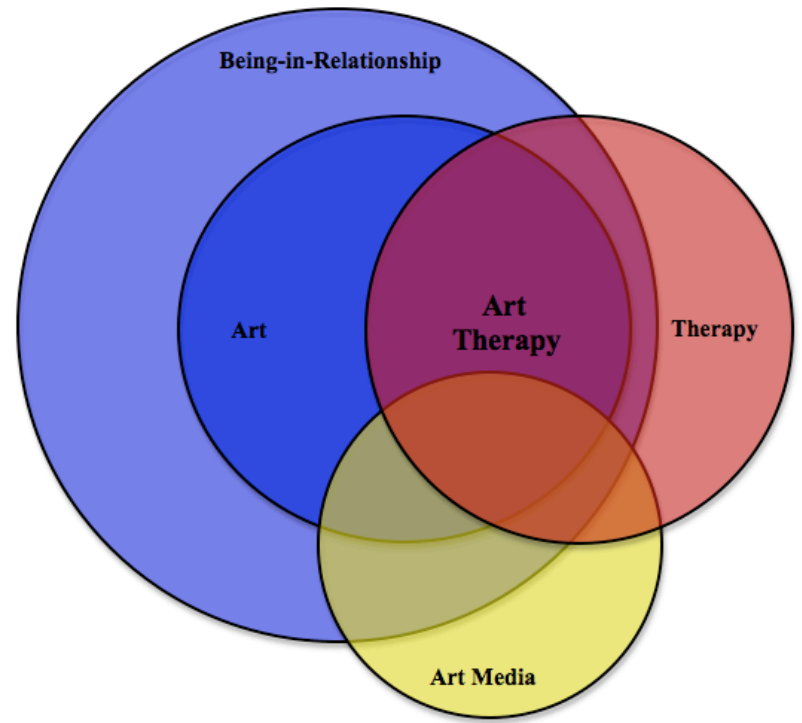
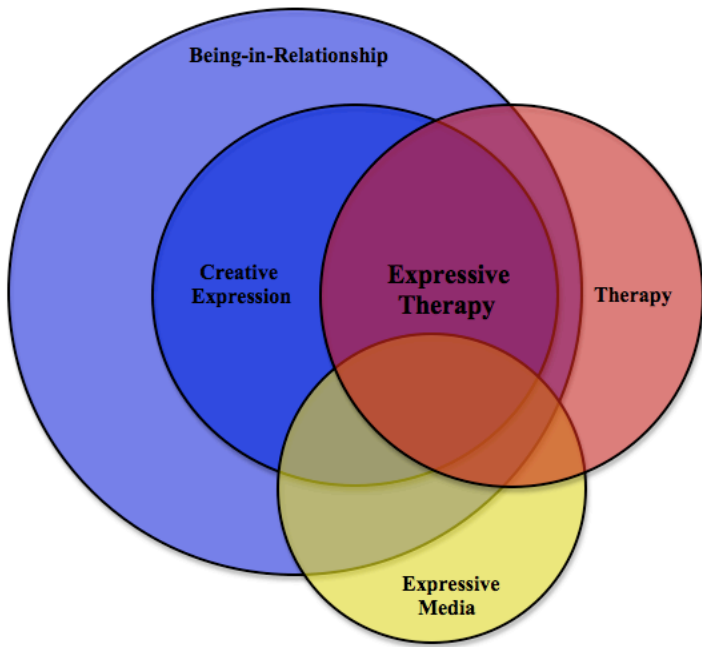
A Model for Locating Music Therapy



Music in Music Therapy can be understood as ways of being, relationally and aesthetically in time

Analogies in Related Expressive/ Creative Arts Therapies

- ***Creative Expression in Expressive Therapies* can be understood as ways of being, relationally and aesthetically**
- ***Art (spatial) in Art Therapy* can be understood as ways of being, relationally and aesthetically in space**
- ***Dance in Dance/Movement Therapy* can be understood as ways of being, relationally and aesthetically and corporally in space, through time**



Other Examples...

- *Poetry* in *poetry therapy* can be understood as ways of being, relationally and aesthetically in language (or text)
- *Drama* in *drama therapy* can be understood as ways of being, relationally and aesthetically and corporally in narrative, through time
- *Etc...*

Implications for resolving dichotomies between music and conventional health domains



Music Therapy: **A Working Definition Based Upon** *Musica Humana*

Music therapy consists of client and therapist working together *relationally and aesthetically in time* (i.e., *musically*) to promote the client's *relational, temporal-aesthetic* (i.e., *musical*) health

Thus...

Music therapy consists of client and therapist working together *musically* to promote the client's *musical* health

Case Illustrations

Boy with Neuro-Developmental/Autism Spectrum Disorder

- Temporal structure of sessions (for example, A-B-A')
- Aesthetic *play* in time: Playing with a meaningful, purposeful *beauty*
- Relational Aesthetic: How therapist *is, with* him (analogously in sound, and analogously to how others *are, with* him).

Case Illustrations (Cont'd.)

Young Adult Man with Schizophrenia

- Being together guided by shared usage of time (consensual reality)
- A time-ordered, social “container” amidst the disorganization, delusion, and hallucination
- Affective coherence, within a meaningful, relational context

Case Illustrations (Cont'd.)

Elderly Woman in Physical Rehabilitation Following Stroke

- Relational, time-ordered, aesthetic experience as the meaningful basis (and motives) for rehabilitative processes
- Not merely *functional* restoration, but *aesthetic* restoration
- Psychosocial resource—a way of being with others (intra-musically and otherwise) throughout the challenging experience of rehabilitation that would not otherwise be possible

Experiential Exercises

- Body/Breath/Movement
- Speech/Language/Communication
- Affect/Emotional Expression

Potential Benefits to Music Therapists and Their Work

- Music transcends reification as a procedure or material technique, and (hence) music therapists transcend procedural or material technicians
- Musical sound need neither be contrived nor avoided, but utilized purposively, as relevant to human musicality
- The relational nature of work is emphasized
- The unique role of music therapy and the unique connections it provides within the greater healthcare community becomes clear

CONTACT INFORMATION



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