

Music therapy and prevention

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Presentation type:	Pre-Conference
Host:	Medical School Hamburg
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Abstract

The first part of this pre-conference focuses on structural conditions of music therapeutic preventive work. Introducing words will describe the wide field of prevention in the span of life. An input lecture will show some aspects of research in arts therapies and how preventive programs can be included in schools. Another input lecture focuses on preventive effects of community music therapy.

In a second part workshops are offered to allow the participants to follow their own interests. The workshops include practical parts as well as the opportunity to get in exchange with each other in smaller groups. Topics of the workshops are:

- *Sounds and deep relaxation*: A program for adults and also for children combining autogenic training with the music therapy technique *sound-trance*.
- *Pupils with a migration background and poor local language skills*: The aim is to make an experience as a valuable and self-effective part of the group.
- *Drumming groups*: A group setting for adults concentrating on the social context. Guided drumming and improvisation are used.
- *Dementia & burnout*: This workshop introduces the so-called *dementia choir* for people suffering from dementia (experience competences) and their relatives (burnout prevention).

In a last step a plenum discussion brings the informations from lectures and workshops together. Further questions can be asked and the expertise of the plenum will find answers together.