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AUTHOR'S NAME..... CHIT YU WONG.....

TITLE OF THESIS... HOW CAN A MUSIC THERAPY STUDENT

FACILITATE CONTRIBUTIONS BY ADOLESCENT CLIENTS WHO HAVE.....

PSYCHIATRIC DISORDERS IN GROUP MUSIC THERAPY?.....

DEGREE... MASTER OF MUSIC THERAPY.....

SUBJECT... MUSIC THERAPY.....

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**How can a music therapy student facilitate
contributions by adolescent clients who have
psychiatric disorders in group music therapy?**

A thesis presented in partial fulfillment
of the requirements for the degree of
Master of Music Therapy

At New Zealand School of Music, Wellington,
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Chit Yu Wong

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Abstract

This study explored ways in which a music therapy student could modify and improve her own clinical practice in order to facilitate client contribution in group music therapy in an acute adolescent inpatient unit. Through cycles of observation, evaluation, planning, and action, the music therapy student was able to examine her facilitation techniques in detail and modified them accordingly. There were six fortnightly cycles and in each cycle, the research journal, research notes, and video-recording were systematically reviewed by the music therapy student herself, and themes were drawn out to contribute to the planning of the next cycle. The results suggested that while direct questions predominated at the start of study, the music therapy student was able to adopt a variety of other techniques by the end of the research period, including self-disclosure, appropriate eye contact, and the shifting of responsibility. The music therapy student also found that her own anxiety level, which was often caused by periods of silence in music groups, also had an important impact on her ability to facilitate. The discussion addressed other factors that are believed to have contributed to the student's ability to facilitate in group music therapy.

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