

Adult educators in times of changing cultures: embracing diversity for empowerment and inspiration

6th Biennial Meeting

of the ESREA Research Network for Adult Educators, Trainers and their Professionalisation (ReNAdET)

16 - 18 October 2019, Thessaloniki, Greece

16 October 2019, 19:00-20:00

Community Music Therapy: New Paths for Personal and Environmental Changes

Community Music Therapy offers to people with disabilities rich experiences of meaning, identity, engagement and ultimately belonging which lead to significant changes at personal, interpersonal and environmental areas facilitating inclusion into society.

It is very important for people with disabilities to have easy access and participate in multidimensional types of performances (Ansdell, G., 2002,2004; Jampel, P., 2011; Stige, B., Ansdell, G., Elefant, C., & Pavlicevic, M., 2010). Music making provides equipoise between the individual's state of existence and those groups to which they belong (Jampel, P. 2011).

Though ecological or community music therapy (CoMT) appears internationally around 2000, in Thessaloniki-Greece the first CoMT performances started at 1993.

The performers' experience:

- ❖ Feeling of being important.
- ❖ Feeling of belonging, of being accepted and included in the society.
- ❖ Motive to self-actualization process with greater and greater self-progress.
- ❖ Healthier sense of self and others.
- ❖ Identity
- ❖ Feeling of living a life of value.
- ❖ Aspirations and dreams for bigger performances and in famous Halls.
- ❖ Establishment of a community where the four of them, although very different among themselves, share a common way of life, common meaning in life, common dreams for life.

Their parents' experience:

- ❖ Healing for the narcissistic wound: "We saw our child normal"
- ❖ They stop hiding from society feeling proud of their children
- ❖ They are more attentive to their children's process
- ❖ They acknowledge their children's feelings, dreams, aspirations
- ❖ They find the courage to deal with the difficulties of everyday life
- ❖ They find the strength to fight for a better future for their children

The society's experience:

- ❖ Change of the audience ideas about people with disabilities
- ❖ Feelings of admiration: "Why do they have any problem?"
- ❖ Inspiration to take music classes at an old age
- ❖ Encouragement and support for their children's music education
- ❖ "What those children learn from music therapy is the higher education they can have in their lives. They can also acquire the motive for learning at a cognitive level".

Inclusion in to society

Through community music therapy interchange, participants are enabled to part for different directions in life fulfilled with new meaning and energy to create healthier connections.

In this community music therapy, the performers offer their aliveness and light. They receive from the audience eyes and souls awakened (Psaltopoulou, 2012).

References

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- Psaltopoulou, D. (2012). *Community music therapy interchange: New paths for personal and environmental changes*. Στο ISME Commission on Music in Special Education, Music Therapy and MusicMedicine Congress. Thessaloniki, Greece. http://issuu.com/official_isme/docs/2012_specialed_proceedings, p.217-223.

Percussion Team "Kroustodi"

By **Laschos Apostolis**, (Music Therapist MA, Music Educator MA, PhD Candidate in Music Therapy at Aristotle University of Thessaloniki).

Members:

- | | |
|-------------------------|-------------------------|
| 1. Kilantonidis Giannis | 8. BoulionisFilippos |
| 2. Sgourdos Alexis | 9. RomanidisSotiris |
| 3. Kansizoglou Despina | 10. Marinos Ermis |
| 4. Kabakis Giorgos | 11. Koutri Despina |
| 5. Garitsis Dimitris | 12. Girginoudi Marianna |
| 6. Smit Daniela | 13. Kastias Giannis |
| 7. Samara Irene | 14. Hasapi Ioanna |

Creative Therapeutic Dance Group

By **Natassa Damaskou** (Psychologist, Psychotherapist, Dance Ability Instructor, Sherborne Movement Practitioner).

Creative Therapeutic Dance group is a mixed ability team with educators and students with and without disability. Creative dance classes started in 2013 under the supervision of Ms. Natassa Damaskou, psychologist, Dance Ability Instructor and Sherborne Movement practitioner. Classes take place everyday at SOTIR and the team gives performances at dance festivals throughout the country.

Members:

- | | |
|---------------------------|--------------------------|
| 1. Lolakos Konstadinos | 9. Kabakis Giorgos |
| 2. Matzoukopoulos Giannis | 10. Lera Theodora |
| 3. Driga Anna-Maria | 11. Papavasiliou Giannis |
| 4. Tsorlini Danai | 12. Girginoudi Marianna |
| 5. Kansizoglou Despina | 13. Dahtiloudi Sofia |
| 6. Sgourdos Alexis | 14. Paloukidou Sofia |
| 7. Lazaridou Eleni | 15. Papavasiliou Giannis |
| 8. Garitsis Dimitris | |