

Master of Music Therapy (Nordoff Robbins): Music, Health, Society

READING LIST

Prospective students often ask us what they can read in order to learn about the Nordoff Robbins approach to music therapy and to prepare for the audition / interview.

The first point to make in response to this is that more important than 'book knowledge' at this stage is some practical experience of making music with people who might be considered to have special needs in some way or other. This should have prompted you to do some thinking about what music therapy might be able to offer in various situations and about your own suitability for such work. We will be looking for evidence of such reflection at interview.

However, whilst we don't expect applicants to have an in-depth theoretical understanding of music therapy at this stage, it is certainly useful to have read about the work because this will contribute to your becoming properly informed and so able to take a more realistic decision about whether this work is for you, and if so what particular challenges it will present you with. For starters, therefore, we recommend the following:

1. Articles which can be freely obtained online

There is a vast amount of information on the internet relating to music therapy. However, please be aware that much of it is of dubious quality, and that ideas as to what constitutes music therapy vary widely across the world! However, there are some quality resources, and we particularly recommend the open-access online journal *Voices: A World Forum for Music Therapy* which can be found at www.voices.no. This presents original articles from music therapists around the world as well as republishing articles originally published elsewhere (usually in paid-for journals).

Below we have listed some articles from *Voices* which are relevant to gaining an understanding of the Nordoff Robbins approach. Of course, however, each author comes at things from their own perspective. Read some of these critically: you don't have to agree with everything you read! Again, at interview, we will be looking for evidence that you have thought about some of the issues raised for yourself. Critical thinking is a key skill at Masters level and we want you to show us that you can do this.

*Ansdell, G. (2002) 'Community Music Therapy & The Winds of Change: A Discussion Paper'. *Voices: A World Forum for Music Therapy* 2(2).

Available online at: [http://www.voices.no/mainissues/Voices2\(2\)ansdell.html](http://www.voices.no/mainissues/Voices2(2)ansdell.html)

*Ansdell, G. (2005) 'Being Who You Aren't; Doing What You Can't: Community Music Therapy & the Paradoxes of Performance'. *Voices: A World Forum for Music Therapy* 5(2). Available online at:

<http://www.voices.no/mainissues/mi40005000192ext.html>

Brandalise, A. (2004) 'Music Therapy: The Use of Music for Healing: Music Centered Music Therapy Studies'. *Voices: A World Forum for Music Therapy* 4(1).

Available online at: <http://www.voices.no/mainissues/mi40004000137.html>

Epp, E. (2007) 'Locating the Autonomous Voice: Self-Expression in Music-Centered Music Therapy'. *Voices: A World Forum for Music Therapy* 7(1).

Available online at: <http://www.voices.no/mainissues/mi40007000228.php>

*Pavlicevic, M. (2002) 'Dynamic Interplay in Clinical Improvisation'. *Voices: A World Forum for Music Therapy* 2(2).

Available online at: [http://www.voices.no/mainissues/Voices2\(2\)pavlicevic.html](http://www.voices.no/mainissues/Voices2(2)pavlicevic.html)

*Procter, S. (2001) 'Empowering and Enabling: Improvisational Music Therapy in Non-medical Mental Health Provision'. *Voices: A World Forum for Music Therapy* 1(2).

Available online at: [http://www.voices.no/mainissues/Voices1\(2\)Procter.html](http://www.voices.no/mainissues/Voices1(2)Procter.html)

*Procter, S. (2003) 'The Therapeutic, Musical Relationship: a Two-Sided Affair? A Consideration of the Significance of the Therapist's Musical Input in Co-Improvisation'. *Voices: A World Forum for Music Therapy* 2(3).

Available online at: [http://www.voices.no/mainissues/Voices2\(3\)procter.html](http://www.voices.no/mainissues/Voices2(3)procter.html)

Rolvjord, R. (2006) 'Therapy as Empowerment: Clinical and Political Implications of Empowerment Philosophy in Mental Health Practises of Music Therapy'. *Voices: A World Forum for Music Therapy* 6(3).

Available online at: <http://www.voices.no/mainissues/mi40006000223.php>

Stachyra, K. (2008) 'Nordoff-Robbins Music Therapy: Clive Robbins interviewed by Krzysztof Stachyra'. *Voices: A World Forum for Music Therapy* 8(3).

Available online at: <http://www.voices.no/mainissues/mi40008000295.php>

Stige, B. (2001) 'History and Heritage: An Essay Based on a Reading and Playing of Robbins & Robbins (Eds.). *Healing Heritage: Paul Nordoff Exploring the Tonal Language of Music*'. *Voices: A World Forum for Music Therapy* 1(2).

Available online at: [http://www.voices.no/mainissues/Voices1\(2\)Stige.html](http://www.voices.no/mainissues/Voices1(2)Stige.html)

*Wood, S. (2006) "'The Matrix': A Model of Community Music Therapy Processes'. *Voices: A World Forum for Music Therapy* 6(3).

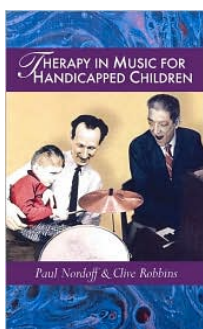
Available online at: <http://www.voices.no/mainissues/mi40006000218.php>

* These authors work for Nordoff Robbins in the UK and contribute to the MMT(NR) training programme.

2. Books

The number of books being published about music therapy seems to increase every year. Don't try to read everything! We recommend the following as particularly relevant to people considering training at Nordoff Robbins:

(i) The classic textbooks outlining the Nordoff Robbins approach to music therapy:

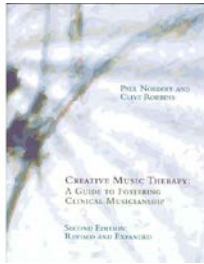


Paul Nordoff and Clive Robbins

Therapy in Music for Handicapped Children

Published 1971 by Gollancz (London)

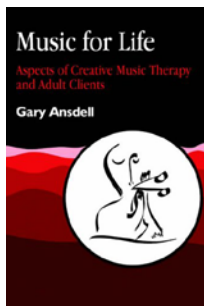
Republished 2004 by Barcelona Publishers (Gilsum, NH)



Paul Nordoff and Clive Robbins
Creative Music Therapy

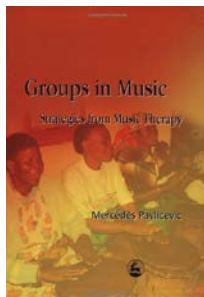
Published 1971 by John Day (New York)
Republished 2007 by Barcelona Publishers (Gilsum, NH)

(ii) For some more contemporary perspectives:



Gary Ansdell
Music for Life: Aspects of Creative Music Therapy with Adult Clients

Published 1995 by Jessica Kingsley Publishers (London)



Mercédès Pavlicevic
Groups in Music: Strategies from Music Therapy

Published 2003 by Jessica Kingsley Publishers (London)



Mercédès Pavlicevic and Gary Ansdell (eds)
Community Music Therapy

Published 2004 by Jessica Kingsley Publishers (London)

All of these books can be ordered at any bookshop. They can also be obtained from Nordoff Robbins by contacting Donald Wetherick at donald.wetherick@nordoff-robbins.org.uk (tel. 020 7267 4496).