



13th European Music Therapy Conference 2025



BOOK OF ABSTRACTS

23rd to 27th July, 2025



13th European Music Therapy Conference 2025

A joint conference of German Music Therapy Society, Hamburg
University of Music and Drama and MSH Medical School
Hamburg on behalf of the EMTC

The topic of this year's conference is "Bridges"

With the motto we strive to bring contrasting viewpoints into dialogue, diverse interests into discussion and neighbouring disciplines into interaction. Therefore, we invite students, researchers and practitioners from different music therapy perspectives and from other disciplines to engage with each other in a lively and inspiring exchange.

- **Music itself flows and "bridges"**

Music is a medium that connects, establishes contact, mediates differences, allows encounter, or bonds separate entities. Bridges also play a role in many genres of popular music: As such, the bridge might represent its own aesthetic structure and bring an exciting contrast into the music.

- **In music therapy we use music in many ways**

Music serves as a bridge to the inner world of feelings and memories, as a bridge to non-verbal clients with disorders of consciousness or intellect, or as a bridge to overcome cultural boundaries.

- **The Hamburgers are excellent bridge builders**

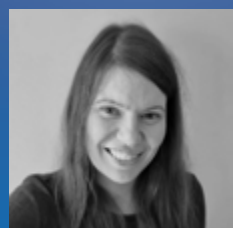
With its huge harbour, Hamburg is widely known as the gateway to the world. And with its three rivers Elbe, Bille and Alster and their tributaries and canals, the city has around 2.500 bridges – more than Amsterdam and Venice together!

This abstract volume offers you an insight into the essence of this 13th European Music Therapy Conference.

Your EMTC2025 organising team



Judith Brunk
German Music Therapy
Society



Victoria Drißl
German Music Therapy
Society



Karin Holzwarth
Hamburg University of Music
and Drama (HfMT)



Anne-Katrin Jordan
MSH Medical School
Hamburg



Dorothee von Moreau
Hamburg University of Music
and Drama (HfMT)



Lutz Neugebauer
German Music
Therapy Society



Frauke Schwaiblmaier
German Music
Therapy Society



Jan Sonntag
MSH Medical School
Hamburg



Gitta Strehlow
Hamburg University of Music
and Drama (HfMT)

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Introduction: After the age of 21, adults with disabilities in Israel are placed in protected job environments, in many cases, not getting the opportunity to achieve their full potential. There are those, for instance, with an affinity to music and music-making, who won’t be able to develop their musical abilities, and strive to work as musicians.

Methodology: The goal of this presentation is to describe “Mus-Equality”, a community-oriented music therapy program intended for disabled adults with a passion for music and music making. We want to show how this program serves as a musical bridge from the margins of society to the center of the stage.

Case presentation: In 2017, “Mus-Equality” was founded at Bar-Ilan University’s music department together with Akim)NGO(and with Israel’s ministry of social affairs. It is an intensive 5-days-a-week, three-year program and it successfully serves 10-12 new students every year. Teaching staff are trained music therapists, and they work to provide an optimal emotional-educational environment for learning and development. We will speak about the principles of the program and showcase some of the challenges we deal with.

Discussion: “Mus-equality” shows how music can drive people to achieve their best, and how it can be the vehicle for founding a better, more just society. Hopefully, this case presentation can assist music therapists who have developed similar programs or inspire those who want to initiate a similar program themselves.

[30] Effect of Receptive Music Therapy on Anticipatory Nausea and Vomiting, Stress and Pain in Adolescents during Chemotherapy: A Pilot Study

Filippo Giordano¹, Chiara Rutigliano², Erika Iacona³, Lucia Ronconi⁴, Teresa Perillo², Rosa Angarano², Ines Testoni³, Nicola Santoro²

1 University of Bari Aldo Moro, Bari, Italy,

2 Policlinico di Bari, Bari, Italy,

3 Università degli Studi di Padova - FISPPA - Dipartimento di Filosofia, Sociologia, Pedagogia e Psicologia Applicata, Padova, Italy,

4 University of Padua - Computer and Statistical Services, Padova, Italy

Introduction: Adolescent undergoing chemotherapy (CT) are exposed to pain, anticipatory nausea (AN) and vomiting (AV). The primary aim of this study was to evaluate the feasibility of introducing Receptive music therapy (RMT) during CT and investigating effects on AN, AV, and anxiety, as well as on pain. The secondary aim is to investigate the effects of RMT on coping and HeartRateVariability.

Methods: A pilot, single-group, quasi-experimental study, using a pre-/post-test design was conducted. Ten adolescents affected by cancer were invited to participate in this study. They received 4 individual sessions of RMT in preparation for and accompaniment to CT. State-Trait-Anxiety Inventory Y-1(STAI-Y1) short-form, a 0-4 likert scale for pain, nausea and vomiting were recorded 30 minutes before and after CM. LF/HF ratio was collected during sessions. PedsQL was collected before and at the end of the trial. A semi-structured remote interview will be carried out by a psychologist researcher.

Results: A significant reduction of pre/post STAI-Y1 ($p < 0,001$), nausea ($p < 0,001$), and vomiting ($p=0,005$) was observed. A significant reduction between different session of STAI-Y-1 ($p=0,035$), nausea

($p < 0,001$) and vomiting ($p=0,005$) was observed. An increase LF/HF during music therapy sessions, and PedsQL score was observed ($p < 0,001$). Themes emerged from interviews confirmed the quantitative results.

Conclusion: Preliminary results show the feasibility of introducing music therapy as a INPT with adolescents undergoing CM. Furthermore, MT could be used to manage pain, anxiety, stress, improve QoL, and anticipatory symptoms of nausea and vomiting in chemotherapy as adjunct interventions.

[284] Guidelines for group music therapy for people with substance use disorder: Building a bridge linking the FALCO study with practitioners’ expertise

Tali Gottfried¹, Moshe Bensimon², Monika Geretsegger³, Julia Fent⁴

1 Herzog Academic College, Jerusalem, Israel,

2 Bar-Ilan University, Ramat Gan, Israel,

3 NORCE Norwegian Research Centre, Bergen, Norway,

4 University of Music and Performing Arts, Vienna, Wien, Austria

Introduction: Music therapy (MT) has shown positive effects on craving and motivation in people with substance use disorder (SUD), but we need more knowledge on comparative and long-term effects of different types of MT on broader areas of recovery. The EU-funded research project “Fighting Addictions, improving Lives: COmprehensive drug rehabilitation with music (FALCO)” launched in 2025 will determine the comparative effectiveness of two music-based group interventions vs. treatment as usual offered to participants from seven countries over 12 months. As there is no international consensus on core elements and goals of MT for people with SUD, we sought to develop therapy manuals for this randomised controlled trial (RCT) to ensure consistent implementation across sites while allowing for individual tailoring and adaptation.

Methods: Based on an extensive literature review, a survey on goals, core principles and components of MT for people with SUD was sent out to professionals experienced in the field internationally. Intervention guidelines were developed incorporating their responses in a process involving iterative rounds of feedback.

Results: We present intervention guidelines for active music making and music listening groups for people with SUD to be applied within an international RCT. Based on an international consensus, they specify relevant intervention elements while maintaining flexibility for cultural adaptations and individuals’ needs.

Conclusion: Firmly rooted in clinical practice as well as research evidence, these intervention guidelines bridge the needs of an international RCT with the expertise developed by MT practitioners worldwide and can be applied in and outside of the FALCO study.