

The system of organizing music therapy abroad and in Russia  
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Music is the most ancient and natural form of influence on the emotional state of a person, which many people intuitively, less often consciously, use to relieve accumulated mental stress, calm down, and concentrate. As a cure factor, it was first officially applied in Europe in the nineteenth century, when advanced physicians began to use music in psychiatric practice.

Medicine of the 20th century, especially the second half of it, took advantage of empirically accumulated observations and developed methods of treatment with music. This is how music therapy was born.

In 1961, the first music therapy program was developed in England, and fifteen years later a music therapy center was established there. In Germany, doctors began to work seriously with music since 1978, and in 1985 they founded the Institute of Music Therapy.

At present, music therapy has become the most widespread in developed countries. As an independent discipline, it is widely practiced in the USA, Scandinavian countries; the scale of its application is constantly expanding in Europe, Australia, Japan, New Zealand, South America and other countries.

In the United States, this trend first gained recognition after World War II, when music was successfully used in the treatment of emotional disorders in veterans. Professional Development music therapy (MT) began after its effectiveness was demonstrated in other patients, in particular children and the elderly.

In 1950, the National Association for Music Therapy was founded, the American Association in 1971.

Currently, about 3500 professional music therapists work in various health care institutions:

- in psychiatric hospitals and clinics for all age groups;
- in mental health centers;
- in rehabilitation centers for patients with physical violations;
- in hospitals for the elderly and those in need of constant care;
- in private practice.

Music therapists work in virtually all areas of treatment and care, performing:

- rehabilitation programs for adults with developmental disabilities;
- psychotherapeutic programs for AIDS patients and individuals, bereaved;
- stress relief and pain relief;
- temporary relief of the disease.

The academic training of specialists was first started in

Michigan State University and then quickly spread to over 70 colleges and universities across the country.

One of the most famous music therapy organizations in the United States is the Nordoff-Robbins Music Therapy Clinic, opened in 1990 at the University of New York. The clinic staff consists of several trained therapists, a research director, a video technician, and a receptionist. Located at the heart of the NYU campus, the clinic is part of the Department of Music and the Music Professions and operates as part of music therapy programs for graduate and doctoral students.

The clinic performs 6 main tasks:

1. Providing therapeutic services. For this, outpatient work with children, adolescents and young people with various disabilities, including: autism, developmental disabilities, behavioral disorders, sensory impairments and multiple impairments. Classes are held both individually and in groups.
2. Conducting research and publishing materials on them.
3. Organization of lectures, seminars and symposia for specialists professionals. All the work of the clinic's specialists is recorded using a video camera. This makes it possible to demonstrate to the professional audience in an undistorted manner the nature and dynamics of creative improvisational music therapy. The therapists and researchers working at the clinic give lectures at home and abroad.
4. Preparation and publication of musical and educational materials.
5. Dissemination of information.
6. Conducting high quality training of specialists. Clinic is an international Center providing training courses for students and specialists in the following areas:
  - clinical music-making in creative music therapy;
  - instrumental and vocal improvisation;
  - musical sources and repertoire;
  - the use of musical techniques and elements of composition in therapeutic practice;
  - joint work of therapists in individual and group sessions;
  - methodology of clinical procedures;
  - musical and therapeutic process.

Describing American music therapy, we note that a significant place in it is given to psychotherapy, the therapeutic effect of which is based on the ideas of traditional psychoanalysis. In an effort during the session to get the patient to remember the emotionally traumatic situations, the psychotherapist, with the help of music, brings them to a cathartic discharge. This facilitates the patient's condition.

In this regard, it is of great importance to select the appropriate musical works that could evoke the necessary structure of figurative associations and experiences, whose subsequent analysis could clarify the nature of the suppressed conflict. Therefore, American music therapists have developed extensive catalogs of healing music, including music of a wide variety of genres and styles, but with appropriate

in a way classified according to the direction of impact.

Globally, more than 100 universities and colleges offer courses, at the end of which students receive a bachelor's, master's or doctoral degree, or certificates and diplomas.

There are professional music therapy associations in many countries. The number of their members is growing; at least 50 regional, national and international conferences annually contribute to the development of this field in clinical, therapeutic, ethical and political terms.

In Russia, systemic research in the field of therapeutic applications of music and acoustic signals began only in 1992. However, over 12 years, it was possible to generalize the accumulated world experience, to conduct a huge number of biomedical and clinical experiments, which made it possible for the first time to scientifically substantiate the theory of the mechanisms of the complex effect of music on the human body, to create on this basis fundamentally new, unique methods and technologies.

An important step towards the implementation of the MT development program in Russia was the opening of the Research Center for Music Therapy and Medical Acoustic Technologies.

This is a joint project of the Russian Scientific Center for Rehabilitation Medicine and Resortology of the Ministry of Health and the SR of Russia and the International Academy of Integrative Medicine.

The main tasks of the Center were determined:

1. Provision of organizational, methodological and practical assistance healthcare institutions, resort associations of the constituent entities of the Russian Federation to improve comprehensive health and rehabilitation assistance.
2. Research activities.
3. The introduction of new MT developments and technologies into the practice of medical preventive institutions.
4. Examination and certification of hygienic conformity of methods, technologies of music-acoustic therapy and health improvement.
5. Educational activities.

Structurally, the Center consists of research, clinical, educational and expert departments that provide the main areas of activity.

Training of specialists in the field of MT is one of the priority tasks of the Center.

In 2003, the Ministry of Health of Russia approved a manual for doctors "Methods of Music Therapy", as well as an educational cycle "General Music Therapy" for 72 hours, intended for doctors and nurses. There is also an adapted version of the program - for psychologists and musicians.

The training cycle consists of four thematic blocks:

- 1) the concept of modern natural science and the foundations of neurophysiology;
- 2) general psychology and psychology of musical perception;
- 3) the basics of musicology with musical practice;
- 4) methods and technologies of music therapy.

The first state graduation of specialists was carried out in May 2004.

Today our graduates are successfully working in rehabilitation

centers, clinics, children's institutions in Moscow, Kurgan, Perm, Chelyabinsk, Samara, Kazan, Vladimir, St. Petersburg, Rostov-on-Don, Omsk, Balashikha, Zheleznovodsk, Tyumen and many other regions of Russia. Foreign specialists also come for training. The graduate of the first educational cycle S. Boldt, who arrived from Germany, said at the ceremony of presenting the state certificate: "Before your courses, I studied music therapy at the University of München for two years. What I learned in Russia shocked me. One week here surpassed in all respects two years of study in Germany. Thanks for the science! "

In addition to training, the Center also offers organizations and all interested parties:

- Assistance in the technical and software equipment of the classrooms music therapy.

- Educational and methodical literature on music therapy.

- Joint scientific and practical activities.

- Assistance in the opening of regional offices.

It is known that the music therapist is one of the most demanded specialties abroad.

All efforts of the Center will be aimed at increasing the prestige of music therapy in our country, at implementing a comprehensive program for the development of MT in Russia, within the framework of the Sectoral Program "Health Protection of Healthy People for 2003–2010", carried out under the auspices of the Ministry of Health of the Russian Federation. This will give a real opportunity to increase the effectiveness of treatment and prevention and rehabilitation help in sanatorium institutions, in dispensaries, health care and social protection institutions.

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