

THE DEVELOPMENT AND MEASUREMENT OF THE EMOTIONAL SKILLS UNDER A MUSIC THERAPY TRAINING

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Our research is based on the Affective Social Competence model. According to the ASC the individuals accepts, identify and manage their feelings. ASC has three basic components, sending, receiving and managing affective messages. There are emotional skills behind the three basic components of ASC. These are expressing, recognizing, understanding and managing emotions.

Music therapy uses music to develop, to restore, to rehabilitate the psychological functions as an additional instrument with a framework and conditions given by the therapist's original profession. Forms are the active and receptive therapies.

As far as the history of music therapy is concerned one might say that the appearance of its primitive forms is as old as mankind. Its method and on the set of instruments have become important in many fields, but its complementary function has not yet been replaced. The results of neurobiological aspects of music therapy demonstrate that there is no single „music center” in the brain but rather multiple cerebral and cerebellar areas participate in music processing.

The conflict-oriented method focuses on the intrapsychic or interpersonal conflicts, the emergence of emotionally stressed unconscious content, that occur due to catalytic effect of music, while the behaviour oriented method focuses on the dramatic display and practice of the desirable behaviour patterns with musical instruments. Its tendencies correlate with psychotherapeutic trends.