

# Music Therapy and State of the art Music Therapy research in The Netherlands

Monique van Bruggen-Rufi

ArtEZ hogeschool voor de kunsten

# Historical Overview

1939 Lievegoed

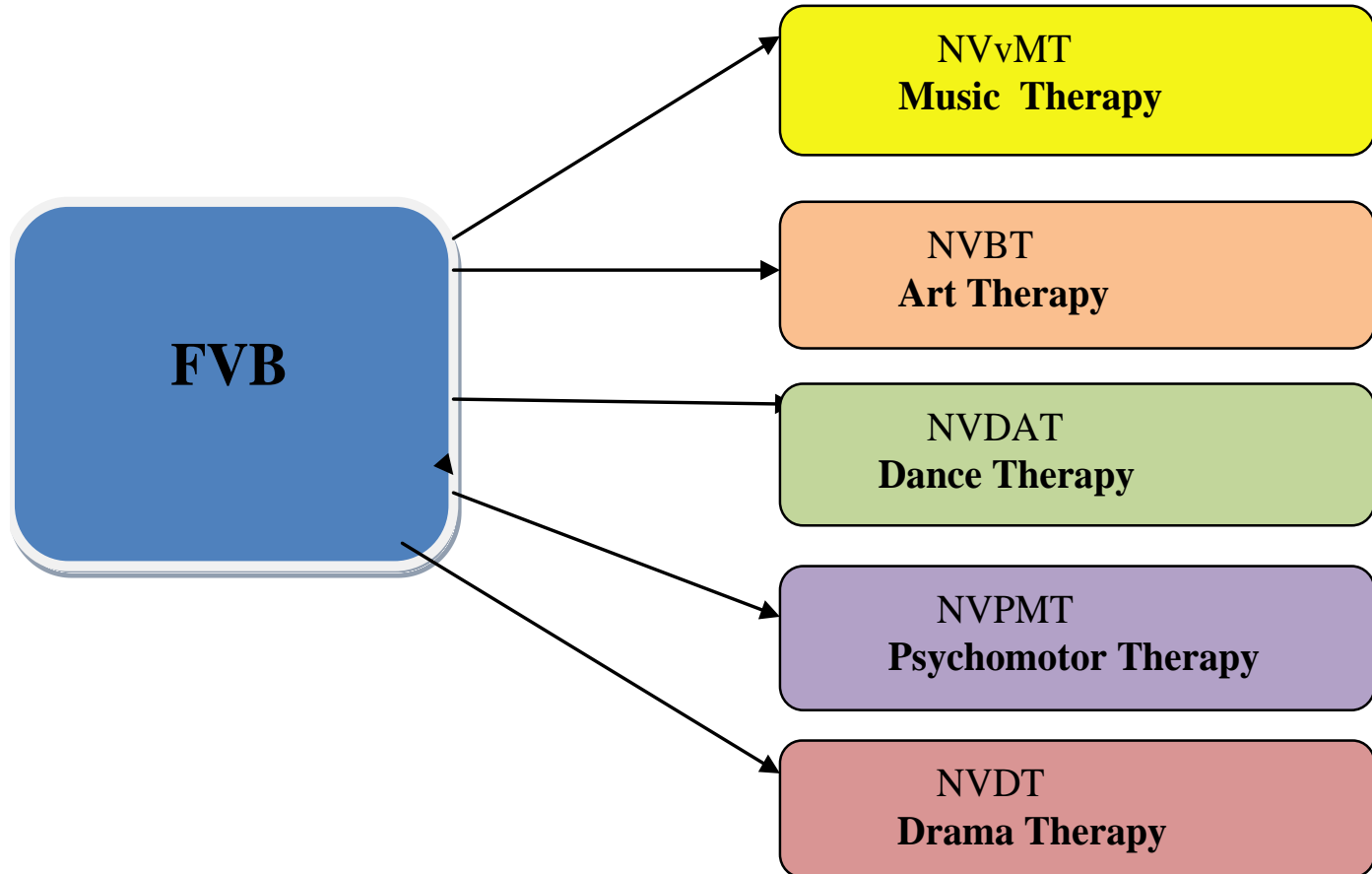
1950/1960 Art therapy

1962 Founding Dutch Association

1967 Organized meetings

1980 Psychotherapeutic approach

# Federation of Arts Therapies



Paradigm shift from psychotherapeutic approach (mainly groups) to practise-based functional training (mainly individual)

±400 music therapists in the  
Netherlands

Areas: mental health, geriatrics, special  
education and multiple disabilities,  
rehabilitation, forensics.

Both institutional and self-employed

ArtEZ hogeschool voor de kunsten

Another “paradigm” shift:

Practice based evidence

Evidence based practice

Evidence based medicine

Qualitative AND Quantitative research  
needed

ArtEZ hogeschool voor de kunsten

Annemieke Vink  
ArtEZ Conservatorium Enschede  
Rijks Universiteit Groningen

6 mei 2013

The effects of music therapy in reducing  
behavioural problems in elderly people  
with dementia

ArtEZ hogeschool voor de kunsten

Kathinka Poismans  
Hogeschool Zuyd, Heerlen  
Universiteit Münster, Duitsland

24 juni 2013

Timing by children with autism

ArtEZ hogeschool voor de kunsten



Laurien Hakvoort  
ArtEZ Conservatorium Enschede  
Katholieke Universiteit Brabant, Tilburg

4 november 2013

Music Therapy in Forensic psychiatrie

ArtEZ hogeschool voor de kunsten

Sylka Uhlig

Hogeschool Arnhem/Nijmegen  
Vrije Universiteit Amsterdam

2016

The effects of singing and rapping by  
youth with behavioural problems

ArtEZ hogeschool voor de kunsten

“IK” .....zei de gek

Monique van Bruggen-Rufi  
ArtEZ Hogeschool Enschede

2016/2017

Universiteit van Leiden

ArtEZ hogeschool voor de kunsten

# The effects of music therapy on improving expressive and communicative skills for people with Huntington's disease

*PhD-research Monique van Bruggen-Rufi*

ArtEZ hogeschool voor de kunsten

- Who is Monique van Bruggen Ruff
- Prof. Raymund Roos/LUMC
- Atlant Care Group
- ArtEZ Conservatory

ArtEZ hogeschool voor de kunsten

# What is Huntington's disease?

ArtEZ hogeschool voor de kunsten



**If I could only hear my mother sing  
again**

**If I could close my eyes and hear your  
voice as then**

**All the friends and family  
would sing along with me,  
and set your spirit free**



**In my heart I hear you sing again  
Every note as natural as then  
and when I sing those songs  
for family and friends,  
in my heart I hear you sing again**

**I know the troubled times that turned  
your hair to grey  
And all the tears and sorrows followed to  
your grave  
But deep within the heart of hunger,  
there were always melodies  
passed from you to me**

**In my heart I hear you sing again  
Every note as natural as then  
and when I sing those songs  
for family and friends,  
in my heart I hear you sing again**



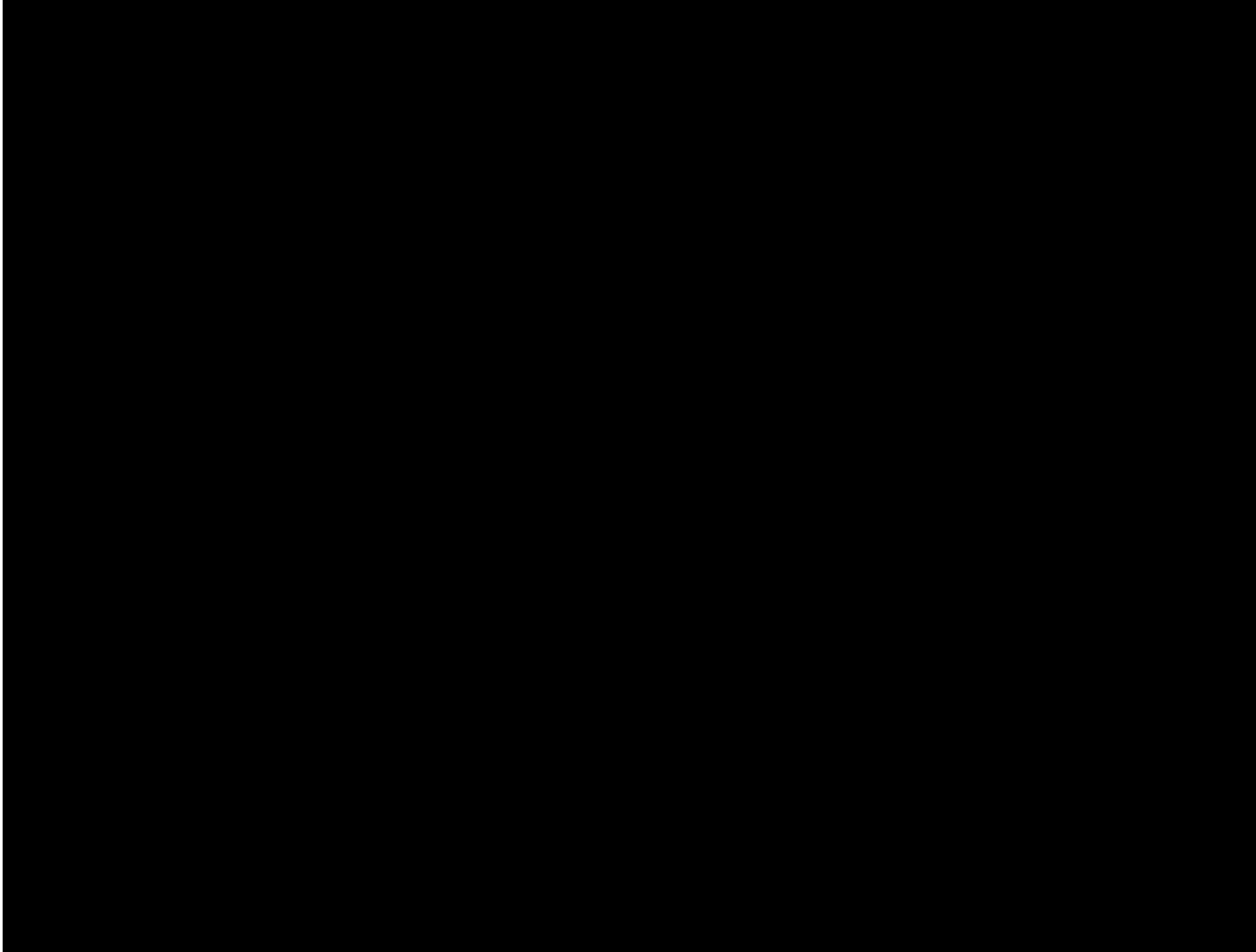
- neuro-degenerative disease of the central nervous system
  - autosomal dominant
- disorders of movement, cognition, behavior, and functional capacity

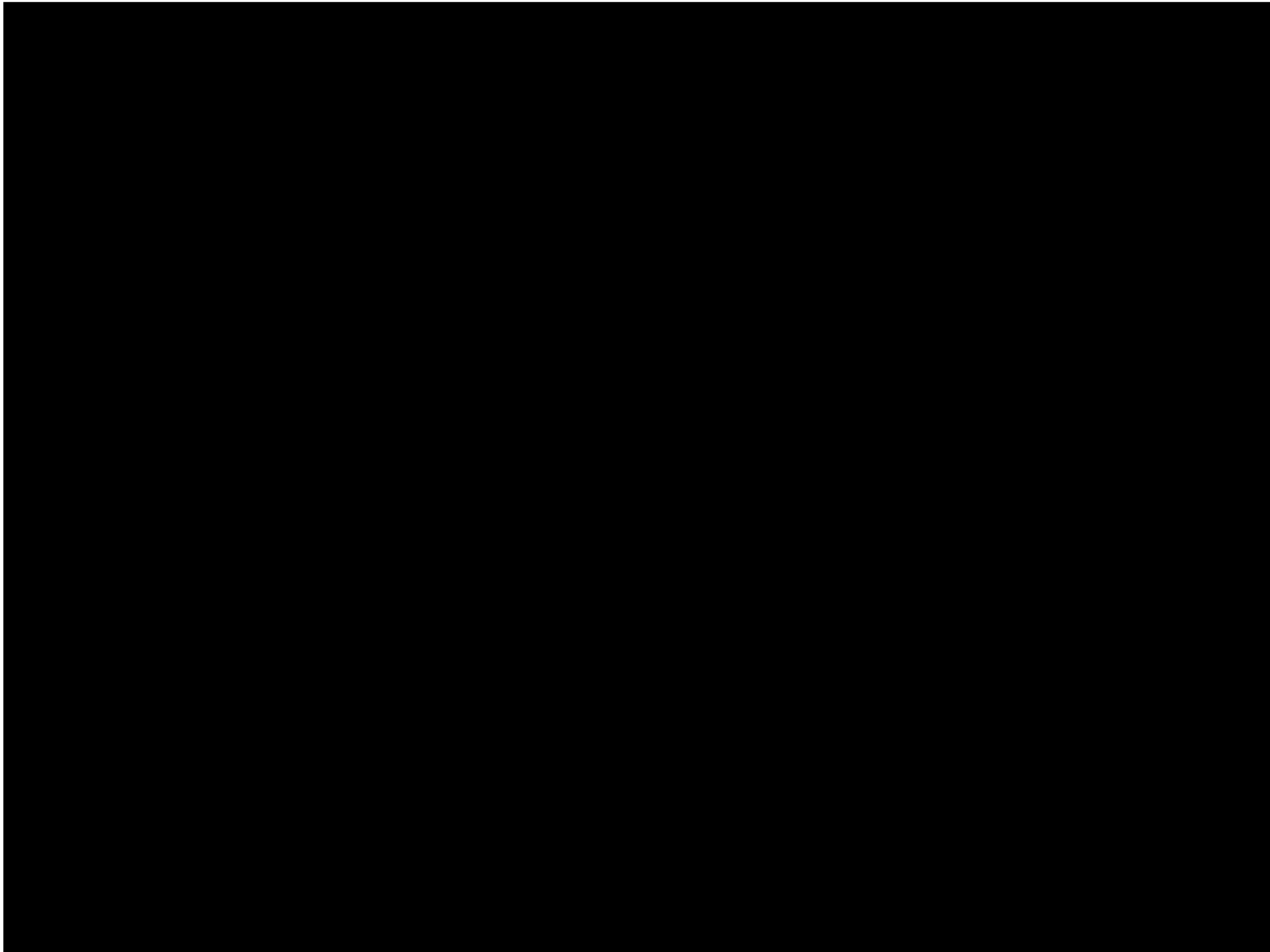
**No cure, so.....CARE**

ArtEZ hogeschool voor de kunsten

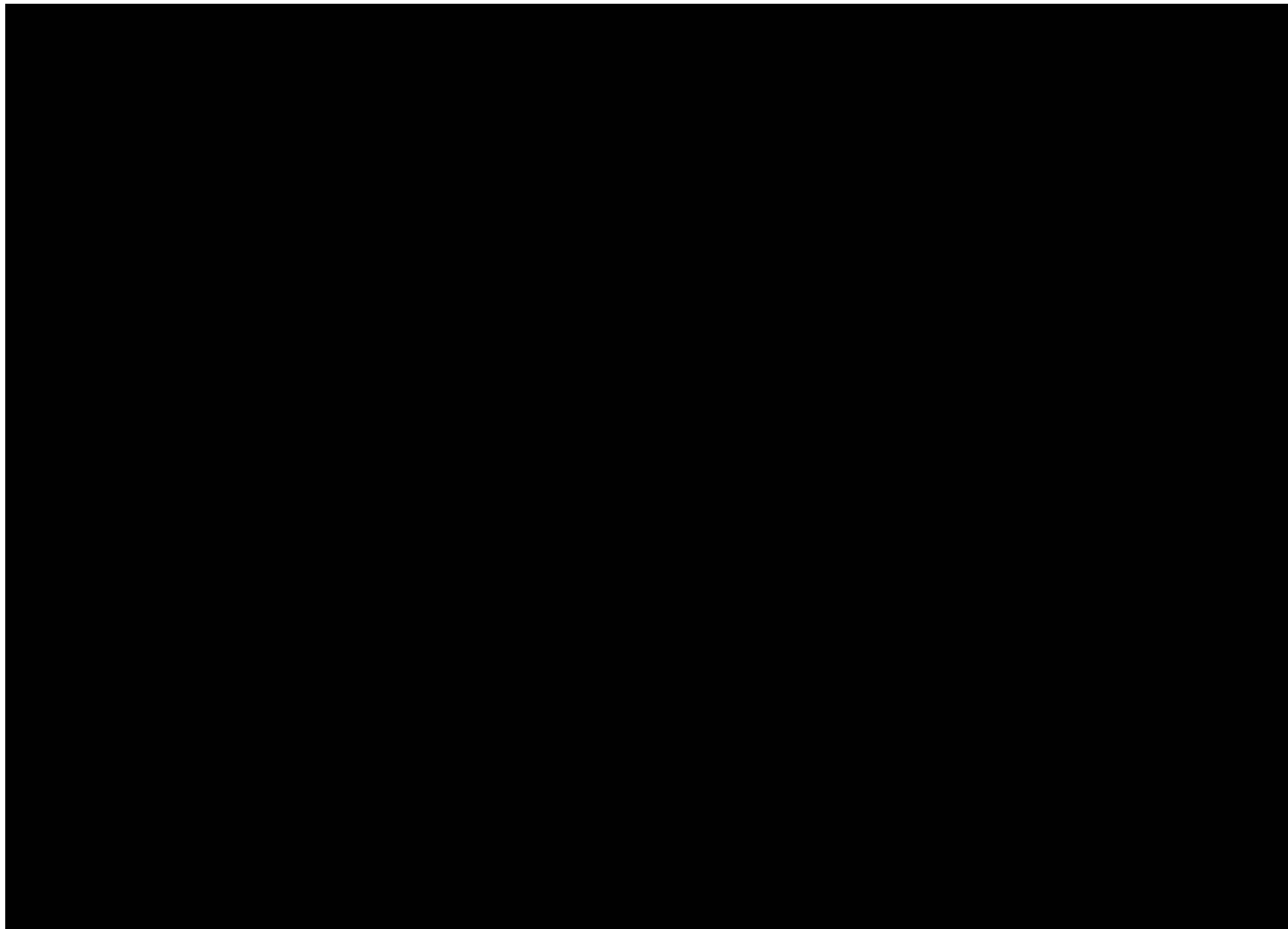
# What is quality of life to you?

ArtEZ hogeschool voor de kunsten









## **Research outline so far:**

- Literature review
  - Focus group
- Which intervention (Best Practice)
  - Which assessment tools?
- Research Design: Single Blind Randomised Controlled Trial
  - Approval medical ethical commission
  - Fundings

Muzzey, Kenny

Rx#: H1658

Take as needed.

Rx: Music 30MG

This medicine is a purple  
note.

the Harmony Central  
David Smith

Thank you for your  
attention

Any Questions?

ArtEZ hogeschool voor de kunsten