

UNIVERSITY OF JYVÄSKYLÄ

Faculty Faculty of humanities	Department Department of music
Author Tynys, Sami	
Title Music therapy assessment for patients with schizophrenia – Achievement of the flexible alliance	
Subject Music therapy	Level Master's thesis
Date December 2006	Number of pages 171
<p>The abstract</p> <p>The purpose of this study was to examine the assessment of music therapy for the patients with schizophrenia. When the patient and the therapist meet for the music therapy, it is called an initial assessment. The assessment gives information about the patient's possible benefits from the therapy. This pretreatment is helpful to the patient as an introductory period and it gives guidelines to the therapist for an effective treatment formation. There is wide agreement that the working alliance between therapist and client is one of the essential indicators of successful therapeutic outcomes. The working alliance has been measured in a number of international studies, in a variety of ways, and in different models of therapy. In the music therapy there are only few studies and articles where the alliance is mentioned as an important factor. A qualitative approach was used and the method was grounded theory. The research was carried out in a music therapy unit of a psychiatric hospital. The research materials were the assessments of two schizophrenic patients, including the work of the therapist and his sessions with the work supervisor, as well as six nursing staff members, who were working on the treatment of the patients. In the analysis the main focuses were in the music related interaction and the co-operation between the patient and the therapist as well as in the supervision of the work of the music therapy assessment. The research was also carried out by analyzing the staffs' questionnaires with the grounded theory method. The purpose of the questionnaire was to clarify if the assessment report as an expert's opinion was important to the nursing staff. The nursing staffs' opinions and observations were also comparison material. According to the result of the analysis the basic process or core category of the music therapy assessment for patients with schizophrenia is the <i>achievement of the flexible alliance</i>. The music related interaction in the assessment period produced situations from which it was possible to prove and describe flexibility and alliance. There were also inflexible phenomena in the context of the assessment. As the result of the questionnaire there were findings that the contents of the assessment report is considered most important. Furthermore, the questionnaire brought up new information and knowledge about the patients and made the comparison possible between the other research materials.</p>	
Keywords music therapy, schizophrenia, assessment, flexibility, alliance, grounded theory, working alliance	