



Let's
Play!



European
Music
Therapy
Day

15th
November
2015

europeanmusic
therapyday.com



musiktherapie.lu



EMTC presents:
2nd European Music Therapy Day
Theme: Let's Play!

With various activities across Europe!

15th November is European Music Therapy Day! Music therapists in the field of music and health, will hold open house events and organise workshops. Special, heart-warming performances will take place. Some activities will be organised in the week before or after the 15th of November.

Let's Play! is our theme this year. We'd like to send out a warm invitation to join us in playing music. Playing together, connecting people through music, is one of the most essential elements of music therapy. As music therapists, we want to show everyone the power of connecting through music and how this can help people, who for whatever reason are stuck, to move forward again.

More information on all activities in Europe can be found on www.europeanmusictherapyday.com

Music Is Good For Your Health!

Music plays an important role in our everyday lives. Music can stir memories and powerfully resonate with our feelings, helping us to express them and to communicate with others. Often we are not aware of how we are influenced by music. But research shows: music is good for our brains, it is wonderful for our bodies, it makes us move, and puts us in a good mood. Everybody can use the power of music by listening to music, playing a musical instrument or singing.

Music Therapy

Music therapy is an established and research based health profession. In Europe more than 5000 certified music therapists are working in health institutions, schools, care homes or private practices. They provide music therapy for a wide range of client groups, including children with learning disabilities, autism or behavioural disorders, adults with depression or trauma and anxiety, and older adults with Parkinson's or Dementia.

Music therapy is helping people through music. How does this work? In music therapy, clients can listen to music, play a wide range of instruments and use their voices. They create a musical language which reflects their emotional and physical conditions. This enables them to build connections with their inner selves and with others around them.

A well trained music therapist supports the client in a

musical way and stimulates development or change, as beneficial to the individual needs. Using music therapy for a wide range of health needs is effective, cost efficient and contributes towards a warm and healthy care environment.

EMTC

The EMTC is the Confederation of professional music therapy associations in Europe. The overall purpose of the EMTC is to nurture mutual respect, understanding and exchange between music therapists in Europe. The EMTC was founded on 15th November 1990 and now has almost 30 member countries. Started in 2014, European Music Therapy Day will be held each year on the 15th of November.

European Music Therapy Day activities in your area:

OPEN DOOR Saturday, 14.11.2015, 10 am – 4 pm;
 Practice of psychology and music therapy, 24 Rue du Stade L-6725 Grevenmacher. Languages: lux., fr., ger.
 Contact: Danièle Backes, danibackes@email.lu; tel.: +352 621 39 68 54

OPEN DOOR Sunday 15.11.2015, 4.30 pm – 7 pm;
 Practice of integrative music therapy, 7 Bréckewee L-8561 Schwebach. 'Let's play' – the door is open to anyone interested in improvisational music therapy. Languages: lux., fr., ger., engl. Registration: marianne@wiltgen-sanavia.lu or tel.: +352 23 63 94 33

OPEN DOOR Tuesday, 17.11.2015, 4 pm – 6 pm; CPH Am Klouschter, 6 Avenue Marie-Adelaide L-5635 Mondorf-les-Bains. Languages: lux., ger., fr., engl. No registration required; Contact: martine.wallenborn@elisabeth.lu, carole.lelong@elisabeth.lu; tel.: +352 23 610

SCREENING OF THE DOCUMENTARY « Alive inside » followed by a round table, in collaboration with Cinématique de la Ville Luxembourg;
 Thursday 19.11.2015, 8 pm; Cinématique de la Ville de Luxembourg, 17 Place du Théâtre L-2613 Luxembourg. OV with French subtitles. No registration required.

Conference « Same but different – what music therapy can do and what psychotherapy cannot »
 Friday, 20.11.2015, 6.30 pm; COPAS, Rue de Turi L-3378 Livange. Dr Elena Fitzthum (Austria): Languages: ger. & engl. The number of places is limited, please register by email: gmlinfo@musiktherapie.lu or tel. : 621 40 90 10.

www.musiktherapie.lu
www.europeanmusictherapyday.com

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