

# **CONTENTS**

	<b>Page</b>
<b>Summary of Research</b>	<b>IX</b>
<b>Key Concepts</b>	<b>X</b>
<b>Acknowledgements</b>	<b>XIV</b>
<b>1. CHAPTER ONE INTRODUCTION AND ORIENTATION</b>	
1.1 Introduction	1
1.2 Motivation for Research	
1.2.1 Personal Belief and Experience	3
1.2.2 Lack of knowledge when using music in therapy	4
1.2.3 Concerns in therapy when helping a non-interactive, non-verbal traumatized child	5
1.3 Problem Formulation	6
1.4 Goals and Objectives for the study	
1.4.1 Goal	7
1.4.2 Objectives	7
1.5 Research Question	8
1.6 Research Approach	9

	<b>Page</b>
1.7      Type of Research	
1.7.1    Applied Research	10
1.8      Research Strategy	10
1.8.1    Case Study Method	11
1.9      Research Procedure	
1.9.1    Data Collection Strategy	11
1.9.1.1 Unstructured one to one interviews	12
1.9.2.   Description of Universe, Sample and Sampling Method	
1.9.2.1 Universal Population	13
1.9.2.2 Sampling Method	13
1.9.2.3 Sampling Unit	14
1.10     Ethical Considerations	16
1.11     Major Concepts of the Research	
1.11.1   Music in Therapy	16
1.11.2   Gestalt Approach	18
1.11.3   Emotional Trauma in Children	20
1.11.4   Playtherapy	23
1.11.5   Middle Childhood	23
1.12     Division of Research Report	24
1.13     Conclusion	25

	<b>Page</b>
<b>2. CHAPTER TWO</b>	
<b>CONCEPTUAL FRAMEWORK</b>	
<b>MUSIC IN THERAPY</b>	
2.1 Introduction	26
2.2 The Therapeutic Use of Music within the South African Context	29
2.3 Music and the Child's Brain	30
2.4 Music as a sensory experience	33
2.5 Exploring Emotions with music	35
2.6 Exploring the therapeutic benefits of music other than emotions	37
2.7 Music and Attention Deficit Hyperactivity Disorder	43
2.8 Utilizing music in a therapeutic environment	44
2.9 Conclusion	47

	<b>Page</b>
<b>3. CHAPTER THREE</b>	
<b>CONCEPTUAL FRAMEWORK</b>	
<b>EMOTIONAL TRAUMA IN CHILDREN</b>	
3.1 Introduction	48
3.2 Child Trauma within the South African Context	49
3.3 The Neurology of Trauma	51
3.4 Developmental Variables with regards to emotional trauma in children	54
3.4.1 The Child's Age	54
3.4.2 The Child's Cognitive and Emotional State	54
3.5 Types of Trauma facing Children and indications for Treatment	55
3.5.1 DSM (IV) R - Posttraumatic Stress Disorder	56
3.5.2 Severity of Psychosocial Stressors	59
3.6 Indications for Treatment of Trauma in Children	61
3.7 Conclusion	62

	<b>Page</b>
<b>4. CHAPTER FOUR</b>	
<b>    CONTEXTUAL FRAMEWORK</b>	
<b>    THE GESTALT APPROACH: TOWARDS</b>	
<b>    HEALING OF THE EMOTIONALLY</b>	
<b>    TRAUMATIZED CHILD</b>	
4.1 Introduction	63
4.2 Defining the Basic Concepts in Gestalt Therapy	64
4.3 The Gestalt Approach towards the traumatized child	71
4.3.1 The Environmental Field	72
4.3.1.1 The field of the traumatized child	72
4.3.1.2 The paradoxical theory of change in the traumatized child	78
4.3.2 The Therapeutic process of Trauma	83
4.3.3 Stages of Neuroses in Gestalt Therapy	84
4.4 Assessing the Gestalt Therapeutic Process in Music	86
4.4.1 Encouraging the child to take responsibility	86
4.4.2 Building a relationship with the child	86
4.4.3 Encountering resistance during the therapeutic process with the child	88
4.4.4 Using projective techniques during the therapeutic process with the child	89
4.4.5 Gaining awareness and experience during the therapeutic Process	89
4.4.6 Interpreting the child through his projections	90

	<b>Page</b>	
4.4.7	Towards healing and change-reaching goals and expectations	91
4.4.8	Polarities	92
4.4.9	Self-Acceptance and Self-Nurturing	93
4.5	Conclusion	94
<b>5.</b>	<b>CHAPTER FIVE</b>	
	<b>RESEARCH METHODOLOGY</b>	
	<b>AND PRESENTATION OF EMPIRICAL DATA</b>	
5.1	Introduction	95
5.2	Research Methodology	95
5.2.1	Access to Respondents	97
5.2.2	Analysis of Data	98
5.3	Incorporating the Contextual field within the research process - The Gestalt Experience Cycle	100
5.4	Incorporating the Conceptual fields in the Research Process	
5.4.1	Case Study <i>A</i>	104
5.4.1.1	Background Information	104
5.4.1.2	Type and rating of <i>A</i> 's Trauma	105
5.4.1.3	Therapy Sessions	106
5.4.1.4	Termination and Future Plan of action for child <i>A</i>	140
5.4.1.5	Evaluation of therapy process	141
5.4.2	Case Study <i>B</i>	142

<b>Page</b>		
5.4.2.1	Background Information	142
5.4.2.2	Type and rating of <i>B</i> 's trauma	143
5.4.2.3	Therapy Sessions	143
5.4.2.4	Termination and Future of action for child <i>B</i>	164
5.4.2.5	Evaluation of therapy process	165
5.5	Conclusion	166

**6. CHAPTER SIX**  
**CONCLUSION, LIMITATIONS**  
**AND RECOMMENDATIONS**

6.1	Introduction	168
6.2	Evaluating the way the problem statement was addressed	168
6.2.1	Recommendation for the way the problem was addressed	169
6.2.2	Conclusion for the way the problem was addressed	170
6.3	Evaluating the goal and objectives for the study	170
6.3.1	Evaluation of the objectives for this study	171
6.3.2	Conclusion regarding the goal and objectives	172
6.4	Evaluating the research question	172
6.4.1.	Conclusion on the research question	173
6.5	Evaluation and recommendations relating to the qualitative process of the study	173
6.6	Limitations for this study	174
6.7	Recommendations for this study	174
6.8	Overall conclusion	175

Page

<b>Tables</b>	
3.1	Severity Rating of Psychosocial Stressors (DSM 111)
6.1	Evaluation of Goals and Objectives
<b>Figures</b>	
5.1	Gestalt Experience Cycle
5.2	Drawing, Case Study A, Session One
5.3	Gestalt Experience Cycle, Case Study A, Session One
5.4	Drawing, Case Study A, Session Two
5.5	Gestalt Experience Cycle, Case Study A. Session Two
5.6	Drawing, Case Study A, Session Three
5.7	Drawing, Case Study A, Session Three
5.8	Gestalt Experience Cycle, Case Study A, Session Three
5.9	Gestalt Experience Cycle, Case Study A, Session Four
5.10	Drawing, Case Study A, Session Five
5.11	Gestalt Experience Cycle, Case Study A, Session Five
5.12	Gestalt Experience Cycle, Case Study B, Session One
5.13	Drawing, Case Study B, Session Two
5.14	Gestalt Experience Cycle, Case Study B, Session Two
5.15	Gestalt Experience Cycle, Case Study B, Session Three
5.16	Drawing, Case Study B, Session Four
5.17	Gestalt Experience Cycle, Case Study B, Session Four
6.1	Recommendations for the way the problem was addressed
<b>Appendix</b>	
<b>Bibliography</b>	

## **SUMMARY OF RESEARCH**

The Gestalt approach was used as the contextual framework to explore how music can be used as a therapeutic medium in the treatment of the emotionally traumatized child.

Music as a sensory experience was used during the therapeutic process with each case study, to facilitate the child's process towards healing. The conceptual framework of music as a therapeutic medium was researched in depth to bring clarity to the influence it has on the emotional well-being of the child.

The child who entered into therapy was selected according to specific criteria, with the experience of emotional trauma being priority. The researcher also studied the concept of emotional trauma in depth and the consequences it has on a child's overall functional ability.

Music was used as an expressive technique during the therapeutic process with each child. The conclusion drawn from this study indicated that the gestalt approach can be applied effectively in using music as a therapeutic medium in the treatment of the emotionally traumatized child.

## **KEY CONCEPTS**

**Gestalt**

**Gestalt therapeutic process**

**Gestalt techniques**

**Gestalt therapy**

**Therapeutic environment**

**Music in therapy**

**Sensory Modalities**

**Non-verbal communication**

**Emotional trauma**

**The child**

- Many of the sources indicated in this work are classical and not updated due to the fact that the origins of Gestalt Philosophy are found in classical works.

## **Opsomming van Navorsing**

Die Gestalt benadering is gebruik in hierdie navorsing ten einde 'n kontekstuele raamwerk daar te stel waarbinne musiek as terapeutiese medium in die behandeling van emosionele trauma in kinders gebruik kon word.

Musiek kan beskryf word as 'n sensoriese ervaring. Hierdie sensoriese ervaring is binne die terapeutiese proses toegepas ten einde die kind se herstelproses te faciliteer. Die studie is binne die navorsingskonteks van gevallenstudieprosedures gedoen.

Musiek is binne die konseptuele raamwerk bestudeer en nagevors ten einde die terapeutiese waarde daarvan in diepte te ondersoek. Hierdie in-diepte ondersoek het aan die navorser 'n duidelike beeld gegee hoe dit toegepas kon word in terapie. Deur dit toe te pas in terapie is die invloed van musiek op die emosionele welsyn van die getraumatiseerde kind gedokumenteer.

Die navorsingskriteria vir insluiting in die ondersoek was gegrond op die literatuurondersoek en het onder meer die belewing van trauma ingesluit. Die belewing van emosionele trauma en invloed op die kind se geheelfunksionering was dus 'n verdere eenheid van ontleding en is in diepte deur die navorser bestudeer.

Musiek is dus gebruik as 'n ekspressiewe tegniek tydens die terapeutiese proses met elke gevallenstudie. Die gevolg trekking waartoe in hierdie studie gekom kon word is dat musiek binne die konteks van die gestalt benadering suksesvol in die hantering van emosionele trauma by die kind gebruik kan word.

## **Sleutelbegrippe**

**Gestalt**

**Gestalt terapeutiese proses**

**Gestalt tegnieke**

**Gestalt terapie**

**Terapeutiese omgewing**

**Musiek in terapie**

**Sensoriese Modaliteite**

**Nie-verbale kommunikasie**

**Emosionele trauma**

**Die kind**

- Verskeie van die geraadpleegde bronne in die literatuurhoofstukke verteenwoordig klassieke werke wat nie binne die erkende periode vir relevante wetenskaplike navorsing val nie. Die oorsprong van die Gestalt Filosofie wat in hierdie studie benut is, word in hierdie klassieke werke gevind en is ook in hierdie werke geraadpleeg.

**Words used interchangeably:**

researcher and therapist

he and she

him and her

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