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Music Therapy for Children with Migraine

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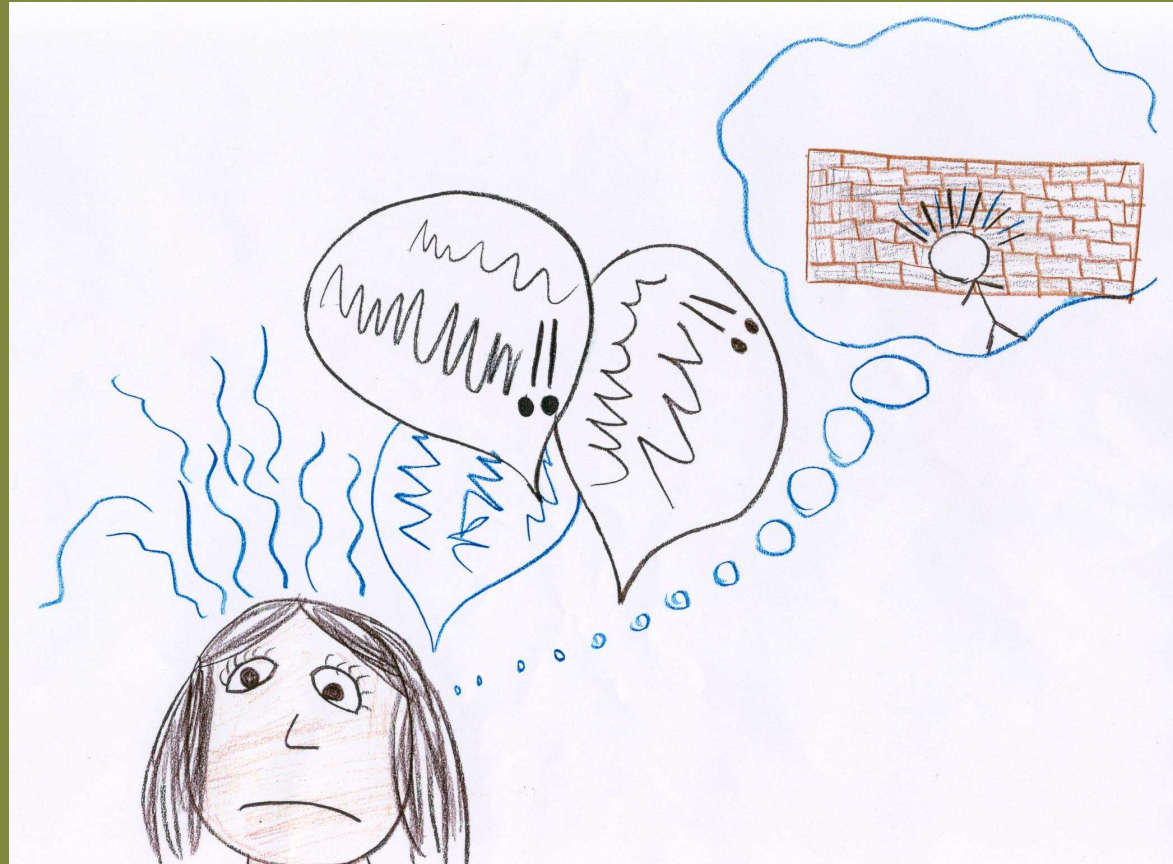
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Migraine through children's eyes

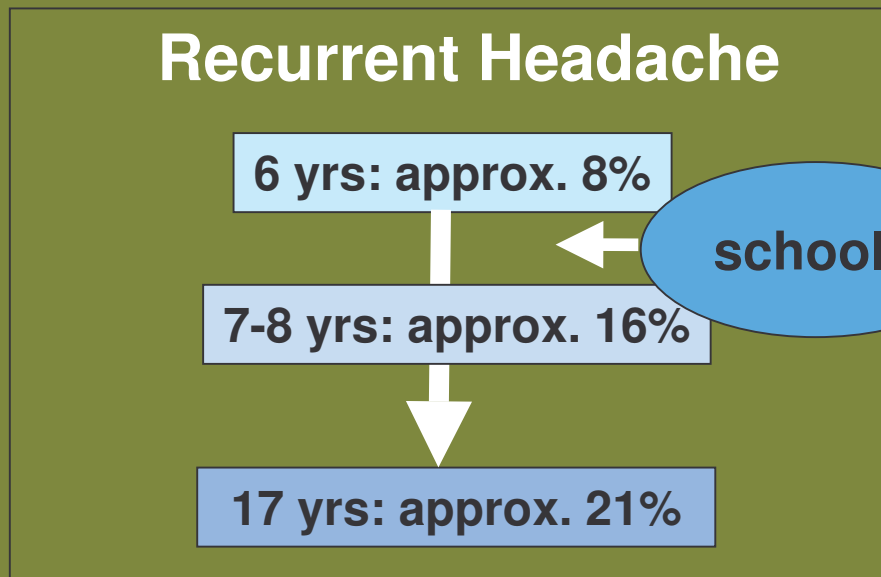


Epidemiology

Headache is one of the most common somatic disorders of schoolchildren.

since 1960: Prevalence↑

mean manifestation age↓



often underestimated by parents and teachers

before adolescence: $m > f$,
after adolescence: $f > m$

Chronification

children and adolescents



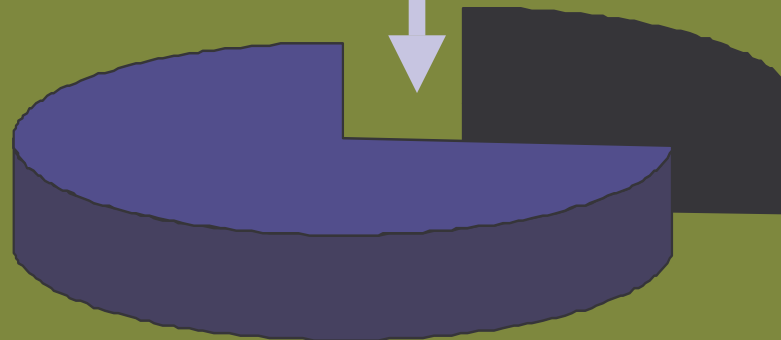
- sufficient therapy
- insufficient therapy

60% chronification

Psychiatric disorders

85% chronification

adults



Comorbidity

ANXIETY

DEPRESSION

SOMATISATION

- **migraine: comorbidity with anxiety, depression, (suicide attempts, drug addiction)**
- **often to a relevant extent (psychiatric diagnosis)**
- **probably bi-directional correlation between migraine - depression**
- **characteristic for children:**
 - **more days absent in school**
 - **more problems at school (primary headache as model for „school-avoiding“ somatic disorders)**
 - **more other somatic complaints (somatisation)**

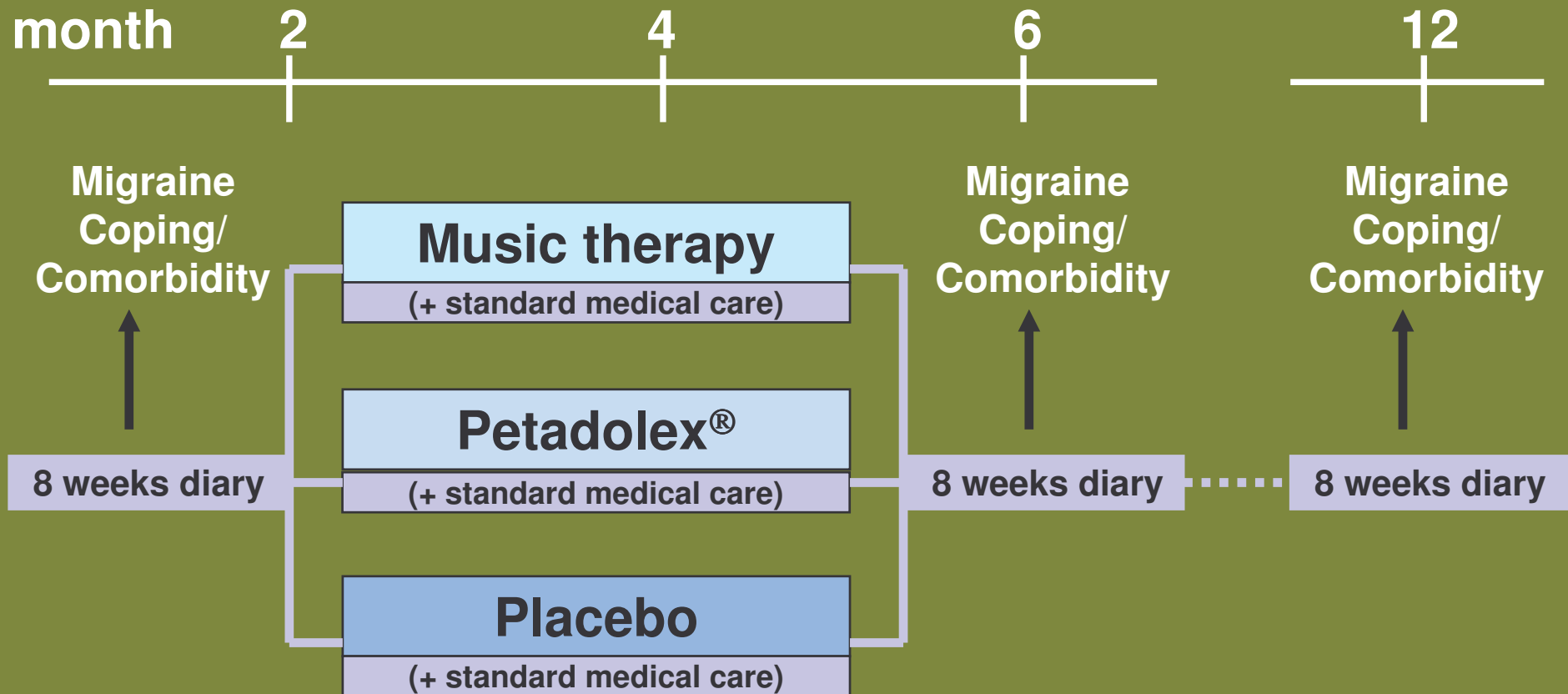


Sample

- **60 children** at the age of 8 - 12 years
- **migraine**
 - persisting symptoms \geq 1 year,
 - frequency of pain attacks \geq twice per month
- **exclusion criteria:**
 - severe other illness
 - present psychotherapy
 - other forms of headache



Design



Music therapy group

- **Individual treatment**
- **12 weekly treatment sessions (50 minutes each)**
- **4 monthly family counseling (50 minutes each)**
- **Use of a specific treatment concept**
- **Monthly medical counseling**
- **Multi-disciplinary case supervision**



Theoretical framework

common and specific factors

inhibited expressiveness

family therapeutic concepts

Heidelberg Model for children with migraine

interdisciplinarity

age-specific pain concepts

phase model



Treatment Phase #1

Remoralization (Session 1 to 4)

Therapeutic goals	Specific factors of music therapy	Music therapeutic techniques
Building of a relationship	Relationship building by the unifying experience of musical interaction	Duo plays
Activation of “remembered well-being”	Musically supported activation of cognitive and emotional resources	Musically guided imagery with induction of relaxation
Training of body awareness	Music as a tool for increasing physical perception and expression	Body percussion Guided movement with music Vibro-tactile stimulation



Treatment Phase #2

Remediation (Sessions 5 to 9)

Therapeutic goals	Specific factors of music therapy	Music therapeutic techniques
work on symptoms	externalization of pain in music	Symptom improvisation Ritual improvisation
work on inhibited expressiveness	increase of musical flexibility imaginative activation and reproduction through music	Variation of musical parameters Daydream improvisation Musical family symbolization



Treatment Phase #3

Rehabilitation (Sessions 9 to 12)

Therapeutic goals

Learning and implementation of flexible/ alternative forms of behavior and experience

Generalization

Specific factors of music therapy

Training of adequate forms of interaction through non-verbal techniques

Stabilization of therapeutic accomplishments and preparation of end of therapy

Music therapeutic techniques

Reality improvisation

Musical role play

Musical self-portrait and treatment evaluation

