



Bulgarian  
Association for  
Music Therapy

# Harmony

Within and Without

November 4-6, 2022  
(Online via ZOOM)

The impaired equilibrium between the outer world and an individual, the lack of balance and an eagerness for a dialogue are frequently met in our modern lives. The outcome of this process is being expressed with frequent internal and external conflicts, negative emotions and ill-functioning interpersonal relationships.

Is music therapy capable of being helpful in the recovery of the internal equilibrium of man and his improved functioning and interaction with the external world? The answer is probably positive, as it works through the elements of music. And music can touch the soul of every human being.

«Music, to create harmony, must investigate discord.» - Plutarch

**LOCATION:** ZOOM online platform

**REGISTRATION:** <https://forms.gle/A3qpihidfM3bxuoDA>

**ORGANIZING TEAM:**

Yana Nikolova - +359896330728, Neicho Karpachev, Liliya Ahtarova, Radka Georgieva  
Rositsa Nikolova - +359888251415, Teodossi Tzinguilev (For English speakers) – 00359 898 469  
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Bulgarian and English are the official languages of the conference.  
Interpretation to and from English will be provided.

**PARTICIPATION FEES:**

**Early Bird Registration until September 20, 2022:**  
75 eur

**Late registration until October 31, 2022**  
90 eur

**FEE PAYMENT:**

DSK Bank – Otechestvo Branch  
IBAN: BG 13 STSA 93 0000 1111 3049  
BIC: STSABGSF

**Account holder:** Bulgarian  
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# CONFERENCE BROCHURE OF PRESENTERS AND TOPICS



## **Nele Fiers (Belgium)**

Sounding and grounding:

Core Concepts of Vocal Psychotherapy

Workshop



## **Ranka Radulović (Serbia)**

Music Therapy and the Covid-19 Pandemic

Research Presentation



## **Eric Pfeifer (Austria)**

Combining Music Therapy and Viktor Frankl's Logotherapy/Existential Analysis: outlining Meaning-oriented Music Therapy by a Case Example in the Context of Palliative Care

A Clinical Case Study



## **Angelica Postu (Romania)**

Music Therapy Interventions in Acute Situations

A Clinical Case Study



## **Stanimira Kamcheva (Bulgaria)**

Searches between the Inner and Outer:  
the Adolescent Growth Path

A Clinical Case Study



## **Angel Tomov (Bulgaria)**

As Above, so Below; as Below, so Above

A Clinical Case Study



## **Radka Georgieva (Bulgaria)**

The House of Solitude

A Clinical Case Study



# CONFERENCE BROCHURE OF PRESENTERS AND TOPICS



## **Teodossi Tzinguilev (Bulgaria)**

Passing the Relay:

Music Therapy with Autistic Children in a Kindergarten

A Clinical Case Study



## **Yana Nikolova (Bulgaria)**

Elements of Music in Working with Autistic Children

Lecture/Report



## **Laura Giosh-Markov (Bulgaria)**

Songs and Brain Gym

Workshop



## **Rositsa Nikolova (Bulgaria)**

The Voice as Co-Therapist in Music Therapy Sessions

Lecture/Report



## **Nadezhda Vitanova (Bulgaria)**

Existential and Transactional Analysis

in the Music Therapy Process

Lecture/Report



## **Liliya Ahtarova (Bulgaria)**

Working upon the Symptom

Workshop



## **Rosanna Chizhova-Sturgeon (Bulgaria)**

The Role of Music in Art Therapy Training for Specialists

Report and Workshop

**NELE FIERS** has worked as music therapist in the Sint-Jozef Psychiatric Centre in Pittem, Belgium, and in her adolescent and adult private practice in a psychodynamic and psychoanalytical way since 2011. Voice, trauma, and developmental trauma are important foci in her practice.

She obtained her BA and MA degrees in Music Therapy from the Lemmensinstituut Leuven in 2010 and completed Vocal Psychotherapy Training in 2020.

Since 2016, she has sat on the BMT vzw Belgian Association of Music Therapists' Board. In 2022 she was elected Vice President of the European Music Therapy Confederation (EMTC).

## **Sounding and grounding: Core Concepts of Vocal Psychotherapy**

(Workshop)

This workshop invites you to live and feel some key enquiries which address how you can provide an attuned and safe therapeutic setting in music therapy. As therapists, we confront questions like how to connect when the client feels distressed, how to communicate with a dissociated person, or how to use our own voice in therapy. Vocal Psychotherapy offers valuable ways to help both clients and therapists feel grounded before starting in-depth work. These concepts are applicable in different settings.

We will take the time to experience the importance and possibilities of breath and preverbal sound, both for group and individual work as for self-care. In addition, some theoretical background of Vocal Psychotherapy will be explained, closely linked to clinical practice through casework and discussion.

*Note: Please ensure you are in a private space to give yourself the opportunity to express yourself and interact freely.*

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**RANKA RADULOVIĆ**, MD, PhD is a psychiatrist, ECP psychotherapist, music therapist, AMTS supervisor, international trainer, author of several music therapy methods and books, founder of the Association of Music Therapists of Serbia, and director of the Belgrade Hatorum Centre for Music Therapy Education and Counseling. She has 32 years' experience at the Serbia University Clinical Centre Psychiatry Clinic.

## **Music Therapy and the Covid-19 Pandemic**

(Research Presentation)

The Covid-19 pandemic exhausted the psychological, physical, and financial resources of individual and shared health and economic assets. Some people reject proposed epidemiological measures, mistrust the health service, and spread the infection. Others face difficulties accessing health service for objective or subjective reasons.

Music therapy can be an effective, connecting and non-stigmatising way to approach individuals, family and fragmented smaller or larger groups of people institutionally and extrainstitutionally, with the aim of diagnosis, therapy, prevention, and rehabilitation of mental disorders during the Covid-19 pandemic.

The paper aims to present and discuss the application of music therapy during the Covid-19 pandemic and the work of the Serbia University Clinical Centre Psychiatry Clinic and Belgrade Hatorum Centre for Music Therapy Education and Counseling.

The paper will present some group protocols from between 2019 and 2021, used with staff and healthy people live and online as part of community music therapy. The methods used were therapeutic songwriting and music choice in group (Radulović). In connection with the music choice method, the paper will present a tool to detect complex grief reaction rapidly and evaluate therapeutic advances. Other Hatorum pandemic initiatives included online musical farewells and a competition for a school anti-Covid anthem.

The discussion will consider positive and negative factors for institutional and extrainstitutional music therapy and give suggestions for improvement.

More and more users and music therapists, comparative studies, and a growing remove in time will provide better insights and open new prospects for future improvements and development.

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**ERIC PFEIFER** is professor of aesthetics and communication with an emphasis on music as a medium at the Freiburg Catholic University of Applied Sciences in Germany, a doctoral supervisor and lecturer at the Vienna Sigmund Freud University in Austria, a psychotherapist (systemic family therapy and systemic infant, child, and adolescent therapy; ÖAS), logotherapist and existential analyst (DGLE), music therapist (University of Augsburg), teacher (University College of Teacher Education Vorarlberg); doctorate at the University of Augsburg (2013); habilitated at the Sigmund Freud University (full *venia docendi* for the entire field of psychotherapeutic science, 2021); private practice for psychotherapy, music therapy, counselling, and supervision. Research interests include silence, music – health – well-being, music therapy, psychotherapy research, nature in psychotherapy and arts therapy, nature and mental health, nature therapy, meaning-oriented psychotherapy, and perception of time.

### **Combining Music Therapy and Viktor Frankl's Logotherapy/Existential Analysis: outlining Meaning-oriented Music Therapy by a Case Example in the Context of Palliative Care**

(A Clinical Case Study)

Viktor Frankl, founder of logotherapy and existential analysis (also called The Third Viennese School of Psychotherapy or meaning-oriented psychotherapy) considered the human will to discover meaning as prime motivation in human life. Meaning is a distinct resource and indicator of human health and wellbeing. Meaning can be actualised through music. This case study introduces a meaning-oriented approach to music therapy and an adaptation of Frankl's model of meaning fulfillment to music therapy. The practical application of this approach will be demonstrated by a clinical case example in the context of palliative care. Such a meaning-oriented music therapy could complement existing concepts and theories in modern music therapy when meaning-related topics take centre stage in music therapy session.

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**ANGELICA POSTU** graduated the Bucharest National Music University and the Brussels Royal Conservatoire in Piano Interpretation. She graduated the Bucharest Psychology Faculty and obtained a Master's Degree in Music Therapy from the Berlin University of Arts. She currently and works in the latter city.

The main promoter of music therapy in Romania, Angelica Postu is the first Romanian to join the German Music Therapy Association and represent her native land at the European Music Therapy Confederation.

Her experience includes work at Barcelona's L'Esperança Oncology Palliative Hospital and the Leuven University Psychiatry Centre in Belgium. Angelica is now Music Therapist at Berlin's Charité University Psychiatry Centre and is a PhD researcher at the Berlin University of Arts, writing an ethnographic work on music therapy in Romania.

Angelica Postu is founder of the Romanian Music Therapy Association and constantly works as researcher, trainer, and speaker on European music therapy standards, practice, and theory. Alongside this, Angelica helps professional musicians understand and cope with stage fright and related issues.

### **Music Therapy Interventions in Acute Situations**

(A Clinical Case Study)

In emergency, acute psychiatry institutions can terrify and alienate both patients and staff. But what does emergency really mean? Who is in greater danger? How can music therapy help?



In a positive development centred on perceiving patient emotions and needs, creative therapies feature more and more in psychiatric hospitals, contributing to multidisciplinary work and positive behavioural, emotional, and mood changes in patients.

The presentation offers a glimpse in how a Berlin acute psychiatric hospital has integrated music therapy and gives examples and intervention suggestions for working with acute psychiatry patients with schizophrenia, depression, or personality disorders.

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**STANIMIRA KAMCHEVA** is a certified music psychotherapist. She is a practicing clinical psychologist and psychotherapist. Her professional orientation is working with children, adults and families. She has experience working with children and adolescents with emotional and behavioural difficulties, such as children with learning difficulties and children on the autism spectrum. He works with elderly patients with relationship difficulties, patients with anxiety and depression, as well as psychosomatic illnesses. She specialises in couples counselling. She runs a private practice.

### **Searches between the Inner and Outer: the Adolescent Growth Path**

(A Clinical Case Study)

Adolescence puts youngsters in a complex role. They are no longer children and not yet adults. For some teenagers, this is fraught with many challenges. Growing up, they feel lonely and emotionally distant from their parents. Their peers are not always friendly and they often become the target of emotional bullying from which they must protect themselves. Such adolescents are distrustful of psychotherapeutic offices and find it difficult to reveal their inner world. Can music support the search for the harmony between inner and outer? In this conference I would like to present a case of my therapeutic work with adolescents through the methods of music therapy, play and art therapy.

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**ANGEL TOMOV's** training, qualification and professional career are linked to choreography, education, clinical and counselling psychology. He is a psychodrama therapist and a Jungian psychotherapist under supervision. Angel has been engaged in organising, coordinating and conducting psycho-social therapy and research programmes for children and adults, including a reconstructive adjustment therapy programme for children with emotional and behavioural disorders; building skills for coping with child aggression for victims of violence; a research programme on therapeutic factors in psychodrama therapy for patients with anxiety disorders; group social psychology rehabilitation, and therapy with adults. He is currently building his private practice and is a member of the C. G. Jung Bulgarian Association of Psychotherapy and the Bulgarian Society for Analytical Psychology.

### **As Above, so Below; as Below, so Above**

(A Clinical Case Study)

Developmental vicissitudes in the process of individuation. The process of separation marks in a unique way the path that the individual treads in the course of his individuation; illustrated with specific clinical cases.

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**RADKA GEORGIEVA** is a qualified member of the Bulgarian Association for Music Therapy (BAM) certified in two specialties: Music Psychotherapist and Clinical Music Therapy. She is a teaching assistant at Music Therapy Institute - Sofia (MTI - Sofia), a musician and music teacher. In her private practice she works individually and in groups with children, adolescents, adults, and families. She practices an eclectic model of music psychotherapy and clinical music therapy, working with children

and adults with temporary and permanent disabilities and is a Music Therapist for the Life with Down's Syndrome foundation.

## The House of Solitude

(A Clinical Case Study)

Our inner world mirrors the outer one. Harmony, in music, is the science of construction, relationship, role, and the organisation of chords. How do you imagine transferring this definition to a family of four? Or what about an eight year old whose inner world is dark, scary, and lonely, and who has hero who always chooses to be one of the bad guys because they have more power, strength and might, even though we all know that good wins in the end? In the case under discussion we view an eight year old boy longing for parents like the others have.

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**TEODOSSI TZINGUILEV** holds a Master's Degree in Developmental Psychology from the Sveti Kliment Ohridski University of Sofia. He is a music psychotherapist under supervision with the Sofia Music Therapy Institute training programme. He currently works as Psychologist at a kindergarten. Teodossi is the Bulgarian country delegate at the European Music Therapy Confederation (EMTC) and a musician and guitar teacher.

## Passing the Relay: Music Therapy with Autistic Children in a Kindergarten

(Clinical Case Study)

This presentation tracks a therapist's personal experience in music therapy with two autistic children in a kindergarten. The focus is the interaction between the children and their parents with the music therapist.

Some questions arose inside me regarding the goals we set, how we improvise, the therapeutic space set aside for meeting children's needs, emotional expression, imagination, and the relationship between the family system and the child as a whole. Was our lab play different for the children from outdoors play? How did the absence of language transform itself into motion within the workspace?

I also asked myself whether the extent to which my personal feeling that the second case started where the first one ended was due to experience gained or to the idiosyncrasies of communicating with each child. I challenged myself to search for the answers by opening the door to inner dialogue as well as one with all of you who chose this presentation.

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**YANA NIKOLOVA** is a qualified member of the Bulgarian Association for Music Therapy (BAM), a certified music therapist, and music teacher. She works with children with developmental problems and elderly people with dementia, Alzheimer's disease and other age related alterations. She is Music Therapist with the Alzheimer Bulgaria Association.

## Elements of Music in Working with Autistic Children

(Lecture/Report)

Music is perhaps the only immediate and powerful catalyst which helps reorganise autistic and other atypically tense systems. In this report, we will look at how the elements of music – rhythm, timbre, dynamics, form, melody – represent certain clinical benefits in dealing with autism problems. As the system balances physiologically and moves towards comfortable value function (sensory integration),

psychological and cognitive behaviour can become more appropriate to environmental and social conditions.

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**LAURA GIOSH-MARKOV** is a Music Therapy Institute – Sofia certified Music Psychotherapist working with individuals and groups in Sofia. She has worked as school counselor with international families for more than 20 years, helping them integrate into new environments and find meaning in their fragmented lifestyles using various expressive arts techniques, brief counseling, and a solution-focused approach. She is a facilitator at positive discipline workshops for teachers, parents, and businesses, and is also certified in the 26 Exercises of Brain Gym.

Laura is co-director of a private kindergarten in Sofia where she advocates arts integration into the curriculum and trains teachers in the positive discipline approach for their work. She continues in her role as counselor for teachers and students, and as parent consultant for children with behavioural challenges.

### **Songs and Brain Gym**

(Workshop)

The power of songs together with Brain Gym can stimulate learning through improved focus and balance in the body. A short introduction to Brain Gym and three songs to use with children in combination with the movements. If time permits we then create our own movements to songs.

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**ROSITSA NIKOLOVA** is a qualified member the Bulgarian Music Therapy Association (BAM) and has a Master of Arts Degree in classical singing from the Pancho Vladigerov National Music Academy in Sofia.

She is a Music Therapy Institute – Sofia certified music therapist specialising in Music Psychotherapy. Rositsa works with children with autism and special needs, performs art workshops for children with a psychological and social focus for the Za Nashite Detsa and Angel Steps foundations and others. A music therapy group with Ukrainian children has recently been formed.

Rositsa also works with adults with Alzheimer's Disease, dementia and other age related changes at the Nadezhda and Zona B-5 nursing homes. She runs a private practice with adult clients featuring psychological and art therapeutic approaches and works with self-knowledge and support groups.

### **The Voice as Co-Therapist in Music Therapy Sessions**

(Lecture/report)

The voice is an instrument that reflects its owner's essence, revealing their qualities and condition in an authentic way. In this report, I shall present an example from clinical practice that shows how the human voice has a positive therapeutic effect on a child with autism and Sotos syndrome, and how it can build a sustainable relationship between client and therapist.

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Prof Dr **NADEZHDA VITANOVA** is a music therapist, analytical psychotherapist, psychodrama therapist, and lecturer at the Sveti Kliment Ohridski University of Sofia

### **Existential and Transactional Analysis in the Music Therapy Process**

(Lecture/Report)



The aim is to share experience related to the Music and Imagery approach employed to establish a connection between the Ego states on which transactional analysis focuses and the existential experiences of the personality in the process of music therapy:

- Transaction to the negative scenarios from childhood, or to parent scenarios triggering painful Ego states;
- Putting transactions together and giving meaning to the experience;
- Turning intense transaction experiences into a personal story whose impact on the psyche is already conscious and controlled in the context of the meaning of present life.

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**LILIYA AHTAROVA** is a registered psychotherapist, certified music therapist, and art therapist trained in Process Work by Arnold Mindel

Ahtarova is Director of the Music Therapy Institute - Sofia (MTI-Sofia) and former Chair of the Bulgarian Association of Music Therapy. She is a qualified member and founder of the Bulgarian Association of Music Therapy and qualified member of the Bulgarian Association of Psychotherapy (BAP).

She is an individual and group psychotherapist practicing psychological work with the use of arts. She works with adults and adolescents with psychosomatic disorders, anxiety, and also for personal development and emotional competence, as well as marital and pre-marital consulting. She teaches music therapy and music neurorehabilitation in Music Therapy Institute – Sofia and the Academy for Music, Dance, and Beaux Arts in Plovdiv.

### **Working upon the Symptom**

(Workshop)

In this workshop, I shall present personal experience on how we could integrate work upon the symptom by combining the theoretical formulation and practice of the Process Work approach and the intervention methods of the Music and Imagery approach.

*Attention! There ought not to be more than ten participants. Each shall receive an article on the topic.*

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**ROSANNA CHIZHOVA-STURGEON**, PhD, is graduate of the National Academy of Arts, where she obtained a Doctorate, a Master's Degree in Art Therapy, and a Bachelor's Degree in Painting and Arts Education Theory and Practice.

After completing a supervised internship in 2015, she has practiced Art Therapy.

In her private practice she integrates work with the systemic approach suitable for couples and families, which she studied at the Institute of Family Therapy.

She has professional experience of people with special needs from the autism spectrum, people with intellectual disabilities, cerebral palsy and epilepsy at the Caritas Internationalis Annunciation Social Rehabilitation and Integration Centre in Sofia; Art Therapy undergraduate and graduate students at the National Academy of Arts, personality psychology and art-based psychological experiments; clients of the Harmony Arts Centre for Child and Adult Creative Practice; primary, middle and high school students; and two to five year olds in kindergartens, private personal development and play centres.

### **The Role of Music in Art Therapy Training for Specialists**

(Report and Workshop)

The role of music in art therapy training is extremely important and should be discussed in detail with future professionals in the field. In order to improve the quality of work and the understanding of the impact of music while working with material on different topics, it is necessary to gain personal experience with different genres and work in a group. I present a report for practical work (workshop), which offers participants the opportunity to become part of a training author's methodology developed during teaching of the first three Art Therapy Master's Degree programmes at the National Academy of Arts Burgas branch.

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