Acting Your Inner Music: Music Therapy in Psychodrama and Related Group Therapy Processes

This workshop will enable participants to explore the discipline of music therapy. The program will include both lecture and experiential work in such areas as an introduction to music therapy, sources of the creative arts therapies, music, art, dance, and psychodrama in world healing traditions, music and imagery, music and psychodrama, music and art therapy, analytic music therapy: music improvisation as a projective technique in individual and group psychotherapy, music and dance therapy, music therapy with developmentally disabled children, music at end of life, and more. This program is relevant to all health professionals interested in learning how to integrate music into psychotherapy processes as well as anyone interested in the field for personal growth. Participation in this workshop does not require any special music background.

Joseph Moreno is Professor Emeritus of Music Therapy at Maryville University and Director of the Moreno Institute for the Creative Arts Therapies in Santa Fe, New Mexico, USA. He has long maintained an interdisciplinary approach to his work and is internationally recognized for his creative and groundbreaking work that has served to bring together the disciplines of music and psychodrama in group therapy processes. He has presented workshops in more than 50 countries and has been a sought-after keynote presenter at many international conferences. He is also known for his extensive field research into the indigenous world traditions of music and healing and the connections of these practices to further deepen our understanding of the role of the creative arts therapies in contemporary psychotherapy.

Moreno has authored the book, Acting Your Inner Music: Music Therapy and Psychodrama, inspired by the legendary work of his uncle J. L. Moreno, the creator of psychodrama. This innovative book has been widely translated and published in a number of foreign editions and has become an essential resource for creative arts therapists seeking to develop integrative approaches to their work.

His numerous articles have been published in prestigious American journals and translated and published in 14 international journal publications. In 2001 he was presented the National Award in Research and Publications by the American Music Therapy Association.

In 2007 he was presented with the Innovator's Award by the American Association for Group Psychotherapy and Psychodrama.