



Joseph J. Moreno, MT-BC

Joseph Moreno is Professor Emeritus of Music Therapy at Maryville University and Director of the Moreno Institute for the Creative Arts Therapies in St. Louis, Missouri, USA. He has long maintained an interdisciplinary approach to his work and has innovated in the areas of music in psychodrama and group therapy processes, as well as in his extensive field research into the indigenous world traditions of music and healing.

Author of the book, *Acting Your Inner Music: Music Therapy and Psychodrama** and numerous article publications, he is internationally recognized and has presented music therapy workshops in more than 50 countries. In 2001 he was presented the National Award in Research and Publications by the American Music Therapy Association.

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Reviewer comments from *Acting Your Inner Music: Music Therapy and Psychodrama* –

"A remarkable synthesis of music therapy and psychodrama."

– Adam Blatner, MD
author of *The Art of Play®* and *Acting In*

"A thorough investigation of the use of music in psychodrama....Makes an excellent case for integration of all the creative art therapies into a comprehensive therapeutic approach...."

– Barbara J. Crowe, MMT, MT-BC
Director of Music Therapy
Arizona State University

"I've been waiting for this book for a long time. In his new work, Moreno weds two great therapeutic traditions...[with] a strong emphasis on concepts from both....Moreno has the expertise, the vision, and the scholarship to help us negotiate this difficult territory....It is truly a sound bridge builder between many fields."

– Carolyn Berezna Kenny, RMT, MTA, MA
Simon Fraser University, Burnaby, BC
author of *The Field of Play*, *The Mythic Artery*; and *Listening, Playing, Creating*

"Of all the innovations on psychodrama...this book must stand atop the list....An elegant and creative, serious piece of work. Both music therapists and psychodramatists can benefit."

– Zerka T. Moreno, TEP
clinician/author in group psychotherapy and psychodrama

"...an excellent and inspirational resource."

– Liz Moffitt, CMT
music therapy faculty, Capilano College
Vancouver, British Columbia

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Acting Your Inner Music



WORKSHOPS ON MUSIC IN GROUP THERAPY & PSYCHODRAMA

presented by
JOSEPH MORENO

Dear Colleagues:

I am pleased to offer workshops on the practical applications of music in psychodrama and group therapy processes. The techniques presented are designed to enhance the work of therapists of any persuasion and setting including those who serve in areas such as mental health, counseling, social work, chemical dependence, rehabilitation, pain management, geriatrics, acute care, hospice care and special education.

Workshops typically run from two to five days and provide a spirited, rich and experientially oriented introduction to this dynamic work. The music therapy techniques covered will have immediate practical applications and are designed to be fully accessible to participants with no formal music training. Participants will be enabled to add new dimensions to their work by learning how to integrate the role of music into individual and group music therapy processes.

who should attend

Music, art, dance and psychodrama therapists; psychiatrists; psychologists; counselors in individual and group psychotherapy; nurses; social workers; special education teachers and others serving such populations as the developmentally disabled, the visual and hearing impaired, the chemically dependent, the aged, hospice workers, pain clinicians, as well as students in all of these areas and any persons with a general interest in the topics.

suggested topics

The following are representative topics that can be adapted to the special interests of participants:

- Music Therapy and the World Traditions of Music and Healing: A Multicultural Perspective
- Music and Imagery
- Improvisational Music in Individual and Group Psychotherapy
- Music in Psychodrama
- Music and Art Therapy
- Music and Dance Therapy
- Music and Healing Traditions of the Peruvian Amazon
- Multicultural Musics in Group Therapy
- Music Therapy with Developmentally Disabled and Physically Handicapped Children
- Music Therapy and Fairy Tales
- Music Therapy and the Blues and Jazz Improvisation Techniques
- Orpheus in Hell: The Role and Meaning of Music in the Holocaust
- Music Therapy and Pain Management
- The Mystery of the Musical Savant Syndrome
- Music Therapy and Death and Dying

Beginning with an introduction to music therapy, the various topics transition seamlessly while providing participants with a rich immersion experience in these approaches. There is no prerequisite musical background required, and groups of all sizes can be accommodated.

technical requirements

- Powerpoint projector or carousel slide projector and screen.
- Best possible sound system, with auxiliary speakers for quality music listening on CD and audiocassette.
- VCR and monitor for video presentations (American or PAL system).
- Variety of percussion instruments for group improvisation, such as metal xylophones, drums, gongs, bells, maracas, triangles, tambourines, rain sticks and cymbals.
- Drawing paper and colored pencils for each participant.
- Portable cassette tape recorder to record and play back participant music improvisations.
- Microphone for larger groups.
- Quiet settings without distracting noise.

