

## FROM THE COMMUNITY MUSIC THERAPY TO PEACE

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### ABSTRACT

There is a long tradition of Music Therapy (MT) as an auxiliary tool of medicine. There is a tradition about the clinical application to intervene in specific diseases or specific groups. While a field still open to research and further input is of music therapy in the prevention field. The field is vast and fertile that unfolds a series of infinite possibilities in application areas. It's necessary to broaden the interpretation and use of Community and Preventive Music Therapy, from considering it not only a tool to promote individual welfare within the social but also a potential vehicle to support peace and social justice.

This work wants to be a review of various studies reported in recent years in various publications and congress that refer to two intertwined aspects:

- On one hand the benefits of music therapy in preventive and community level, considering the individual and social
- On the other, the possibility of a culture of peace through Music Therapy

### INTRODUCTION

We live in a time particular time of instability, en politic, economic and social development. Violence and conflict are the consequences of such instability. Since the Second World War, we suffered more than 150 armed conflicts, most of which have been developed in poorer countries. Throughout this century have killed more than 110 million people because of unjustified and pointless wars, where 90% of victims are

civilians, including women and children. And apart from direct violence, we submitted to other types of violence everyday: structural violence, including hunger, illiteracy, discrimination against women, racism, insecurity, etc. In our world remind us that "if you want peace, prepare for war."

But, they are always more people who are revealing this reality. The interest in this area is linked to a constant search to find a real solution to resolve the situation. The world needs peace and a just society. We should not accept and see the pain and suffering of innocent people, when the world is desperately shouting this necessitate of peace. From this concern has developed this research is aimed to gather evidence that confirmed the hypothesis that through the Community Music Therapy can be reached and promote a culture of peace.

### METODOLOGY

The methodology used for this work includes a comparative analysis, organizing and reviewing the material within the bibliography found, for a final analysis and discussion. The research is qualitative and descriptive, rather than quantitative. Therefore the results are described in relation to each theme so that there is a greater understanding of them. A systematic review of the literature published to date is carried out.

## RESULTS

The most important outcome of each program or project is to have discovered a way to help victims of violence, to allow the integration of all members in a community, to educate for peace and to foster nonviolent attitudes. Using music therapy at a community level allows not only reaching large groups of people, but also achieves objectives that include the physical-mental-psychological health of each member of the communities.

Although with sometimes different approaches, it can be confirmed that the objectives and goals of each intervention are very similar to each other and directed towards Social Welfare.

In evaluating the results presented by the articles and projects, all the works are directed and oriented towards the resolution of the conflicts and suggest recommendations the future work of Music Therapy in this context.

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