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## The Music Therapy Process as a "Musical Journey" of Adolescents with Depression Disorder

Muzikoterapijski proces kao "glazbeno putovanje" adolescenta s poremećajem depresije

**Diana Čerenšek, Krešimir Radić, Davor Bobić & Marina Novak**

The active music therapy process puts the art of music in working with children and adolescents with mental disorders at the centre of its activity, in which, with the help of its aesthetics, structure and dynamism, it becomes a medium on a journey towards the goal - experience. Unlike the creation of a work of art, in the music therapy process, the aesthetics of art is not in the capacity of intrinsic beauty in itself but arises in interaction when shared with others. In this way, children and adolescents with mental disorders create an experience guided by invention that is aroused by art, but also by direct contact with a music therapist.

Hence, music as an art can enable the urge to activate them, maintaining unconscious processes and encouraging physical and cognitive gestures. It provides safe processing of current feelings. Musical art can serve as a non-verbal means of self-discovery in which children and adolescents share their ideas that return to them through the structure within the process as an experience of empathy and meaningful wholes.

The aim of this study, conducted during the postgraduate specialist study of the first author, was to present the application of active music therapy in a group of adolescents who have emotional disorders with comorbidity of self-injury. The group described includes in-patients at the hospital, the Clinic for Child and Adolescent Psychiatry of the University Hospital Centre in Zagreb, with an emphasis on one particular member. The paper presents an individual transcription with a description of the aesthetic analysis of the client's referential improvisation *Labyrinth*, and his 'musical journey' within the process. It is reminiscent of the structure of the sonata form - the themes appear at the beginning and then are repeated, travelling during our encounters through different variations as their recapitulation.



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