



## **Music Therapy with People in Situations of Involuntary Migration in Brazil.**

Musicoterapia com pessoas em situação de imigração involuntária no Brasil.

**Andressa Dias Arndt**

This research aimed to examine whether collective musical experiences within Music Therapy contributed to the emancipatory processes of the participants. Eleven music therapy encounters were carried out in a city in southern Brazil, with the participation of eight people in situations of involuntary migration or refuge, all Venezuelan nationality. All encounters were recorded and subsequently transcribed.

During the analysis process, it was observed that music served as a mediator in creating spaces of care and attentive listening, fostering identification processes and the strengthening of social bonds. Throughout the music therapy process, the participants decided to compose collectively three songs, which functioned as metaphors for the cycles of the migratory experience, expressed in three temporal dimensions: past, present, and future.

By revisiting their life stories, participants traced the marks that made it possible to reclaim, in the present, the right to envision a more possible future. During the composition of the three songs, their stories could not only be told but also created. Affects were expressed and, consequently, transformed. The experience of musical composition mediated the creation of existential spaces, offering creative resources for navigating the process of inventing new ways of being, as well as for constructing a sense of belonging and home.

We conclude that music therapy can contribute to the emancipatory processes of people in situations of migration by creating spaces that recognize and activate their creative and artistic potential, thus affirming their capacity for self-reinvention and enabling the emergence of tensions within lived experience through collective action.



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## Biography

**Andressa Dias Arndt.** Professor in the Undergraduate Programme in Music Therapy and in the Master's Programme in Music at the Department of Music and Music Therapy, Universidade Estadual do Paraná (Unespar), Brazil. Holds a degree in Music Therapy and a PhD in Psychology. Researcher in the groups Music, Culture and Society and Interdisciplinary Studies and Research about Music Therapy. Her research focuses on the cultural and social aspects of the singing experience and on Community Music Therapy.

## Recent Publications

Arndt, A.D. (2024). “Once in a while I die, but not today”: Music therapy and emancipatory processes of people in involuntary immigration or refugee situations. *Música Hodie*, 24. <https://revistas.ufg.br/musica/article/view/78877/41543>

Arndt, A.D. (2024). 15th Congress of the PEVOC (Pan European Voice Conference). ***Cada tantomuero, pero hoy no: The singing experience as an inventive attitude regarding the life histories of people in involuntary immigration situation.*** Spain. <https://www.pevoc2024.com/wp-content/uploads/2024/09/Programa-PEVoC-Final.pdf>

Arndt, A.D. (2022). **Social transformation and Music Therapy.** Book chapter In *Ensaio sobre arte, educação e musicoterapia* (pp. 219–229). Editora CRV. <https://loja.editoracrv.com.br/produtos/ensaio-sobre-arte-educacao-e-musicoterapia>