

The First ASEAN Music & Creative Arts Therapy Summit

Bangkok June - July 2012

Bussakorn Binson⁺ Chair of the Summit

This is a report on the First ASEAN Music and Creative Arts Therapy Summit (AMCATS) that was held from June 27th through July 2nd, 2012 at Chulalongkorn University's Arts & Culture Building. It was hosted by Chulalongkorn University's Faculty of Fine and Applied Arts in conjunction with both Thailand's Office of Art and Culture and Thailand's Ministry of Public Health along with essential support from Israel's University of Haifa. This dynamic and engaging program attracted over 70 professionals from both Thailand and abroad to learn through direct participation about the many facets of what comprises the field of creative arts therapy.

Associate Professor Dr. Suppakorn Disatapundhu as Dean of the Faculty of Fine and Applied Arts gave a welcoming speech to the participants while Dr. Tewan Taneerat M.D., Director of the Department for Development of Thai Traditional and Alternative Medicine, Ministry of Public Health together with Professor Dr. Rachel Lev-Wiesel, Director of the Graduates School of Creative Arts Therapies, University of Haifa, Israel delivered their opening addresses.

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Figure 1. Sign for the Summit on the Chulalongkorn University campus and the Dean of Chulalongkorn University's Faculty of Fine and Applied Arts Associate Professor Dr. Suppakorn Disatapundhu delivering his welcoming address.



Figure 2. From left to right – Opening Speakers Prof. Dr. Rachel Lev-Wiesel and Dr. Tewana Taneerat M.D., with Keynote Speaker, Dr. Udom Pejarasangham, M.D.

The six day program of AMCATS focused on sharing knowledge and experience through a diverse combination of lectures and workshops delivered by experienced professionals from both Asia and Europe. The aim of the program was to build a supportive network for music and art therapy that would assist in extending these therapies to people around the world for enhancing ones physical and mental health as well specifically for dealing with pain and trauma.

Furthermore, Chulalongkorn University's Faculty of Fine and Applied Arts had been honored by Prof. Rachel Lev-Wiesel and her dedicated associates from Israel's University of Haifa in conducting knowledge-rich and enjoyable daily workshop programs that ranged from Dance Therapy, Art Therapy, Drama and Psycho-drama Therapy, and Dance Movement Therapy.

But before the workshops began, the keynote speaker Dr. Udom Pejarasangham, M.D. brought alive the Summit with a presentation titled *From Music to Mirror Neurons to Empathy and Peace* where he discussed how music affects mirror neurons in the human brain and brings about a state of empathy upon which music and creative Arts therapy is based.

The highlight of the first day of workshops on the 1 to 5 Piano technique led by Mr. Trirat Uptampohtiwat and his 1 to 5 piano team. The 1 to 5 Piano method uses easy to follow numerical musical notation mapped to the five fingers of each hand rather than the complex, hard to learn traditional notation). In a short time, any person even those with learning disabilities and psychological impairments who can count to five can learn this technique. This easy to follow method enables one to learn to play the piano quickly which leads to more enjoyment as opposed to frustration. A second presentation relaying the experiences in using 1 to 5 Piano methodology with children and the elderly was given by Dr. Pakdee Suebnukarn, M.D. from the Dansai Crown Prince Hospital.



Figure 3. Dr. Pakdee Suebnukarn, M.D. from the Dansai Crown Prince Hospital.



Figure 4. The workshop with Mr. Trirat Uptampohtiwat and his 1 to 5 Piano team.

The music therapy sessions on the second day was led off by Dr. Patravoot Vatanasapt, MD, MS from Khon Kaen Hospital on his use of *Music Therapy with Cancer Patients*, followed by Dr. Bussakorn Binson's workshop on how improvisation stimulates the brain and how to improvise. Her workshop was titled *Improvisation on Music and Movement*.



Figure 5. Dr. Bussakorn Binson, w/microphone (left) and Dr. Patravoot Vatanasapt, MD, MS. (seated right).



Then there was *Music for Cancer Patients* as presented by India's Dr. Sumathy Sundar, the Director of the Chennai School of Music Therapy. The workshop on *Playing with Sound and Movement* was led by Dr. Fred Landers from the United States, which focused on developmental transformations that is a form of drama psychotherapy based on the process and dynamics of free play.



Figure 6. The *Playing with Sound and Movement* Workshop with Dr. Fred Landers (right).



Figure 7. Dr. Sumathy Sundar discussing music therapy and cancer (left), while Dr. Adi Barak conducts one on narrative therapy (right).

Then from day three through the final sixth day, the team from the University of Haifa's Graduate School of Creative Arts Therapy lead six workshops which as their name implies, focused on the use of the creative arts in therapy. Professor Dr. Rachel Lev-Wiesel hosted a workshop named the *Use of Self-Figure Drawing for Diagnostic and Therapeutic Purposes in Sexual Abuse Survivors*. Then Dr. Tammy Bar-On hosted one titled *Myself and the Other: Art Therapy from a Multicultural Perspective* and the third workshop was *A Picture Worth a Thousand Words: Art Based Assessments* by Dr. Michal Bat-Or followed by Dr. Adi Barak conducting one on *Narrative Therapy* and then Dr. Dita Federman ran two workshops covering the *Approaches in Dance Movement Therapy: Mirror Neurons & Experience* and *Dance/Movement Intervention Skills*.

Additionally on day five, there was the *Use of Overtones in Music Therapy* workshop (*Chakra and Throat Cancer Healing*) led by Prof. Dr. Tran Quan Hai from Vietnam as well as a lecture on the *Early Child Bonding Process and Music Therapy* led by Germany's Dr. Monika Nöcker-Ribaupierre.



Figure 8. Art-based Assessments by Dr. Michal Bat-Or of the University of Haifa.



Figure 9. Mr. Anupan Pluckpankhajee's "Color Experience" workshop (left) and an Art therapy workshop with Dr. Tammy Bar-On (right).



Figure 10. Dr. Tran Quan Hai from France discussing the use of overtones in music therapy.



Figure 11. Drama and Psychodrama Therapy by the University of Haifa team under Dr. Rachel Lev-Wisel.

The lectures and workshops were all very well received and well-coordinated with the institutions in Thailand such as the Ministry of Public Health, ASEAN, Dansai Crown Prince Hospital and the Rakluke Group. Additionally, the well-established team of all the practitioners and scholars in music and creative arts therapy from around the world came together to lead this diverse collection of music and art therapy workshops for over 100 participants that ranged from medical doctors, nurses, caregivers, therapists and educators. With all of these participants joining in it is hoped that this summit will lead Thailand as a member of ASEAN, to become the regional center of music and creative arts therapy in the near future.