



The Music of Being: Music Therapy, Winnicott and the School of Object Relations

Alison Levinge

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This book explores how the work of key child development theorists informs music therapy practice with children and families.

Focusing primarily on the theoretical thinking and understanding of the paediatrician and psychoanalyst Donald Winnicott, Alison Levinge highlights how his theories resonate with the central aspects of music therapy. Central to the book are Winnicott's ideas on play and an exploration of his understanding of the psychological processes of 'holding'. Winnicott's theories are given greater depth and understanding by referencing the writings of Adam Phillips and Christopher Bollas. Consideration of relevant aspects of Bowlby's theories will also be included.

Knowledge of these theories of child development helps to support understanding of the music therapy process, making this book vital reading for both students and practitioners of music therapy.

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