

'Banda Senza Frontiere 2014-15': National Institution for Social Care and Vocational Training 'Beit Atfal Assumoud', Lebanon; Ulaia Artesud Onlus, Rome; ass. Prima Materia, Montespertoli (Fi); Tavola Valdese; Assopace Mola di Bari;

'Music and Resilience 2013-15': National Institution for Social Care and Vocational Training 'Beit Atfal Assumoud', Lebanon; ass. Prima Materia, Montespertoli(Fi); Ulaia Artesud Onlus, Rome; Region of Tuscany; Province of Florence; Municipality Union Empolese-Valdelsa; Municipality Montespertoli; Municipality San Casciano Val di Pesa; ARCI Empolese-Valdelsa; ERAM Music Therapy Florence; Finnish Psychologists for Social Responsibility; Assopace Mola di Bari

Report 24th - 31st January 2015, Beirut – Suur

1. Music Therapy training for NISCVT team, guided by Mr Herbert Walter (Germany)

The course was held in the Family Guidance Centre, Beirut, for a total of 25 hours; it was attended by all the music therapy trainees working in NISCVT's 5 mental health clinics.

The topics covered were:

- archetypal movements from old sacred oriental dances, accompanied by songs played on the Oud and Ney, for connecting and communicating with the body; history about oriental music therapy, what famous medics and philosophers wrote about the healing power of music (Avicenna, Al Farabi, Al Kindi);



- the Oud in music therapy, right hand techniques for exploration of open strings, 2-note improvisations (dialogues) with 2 Ouds; left hand techniques with 2 fingers, playing a pentatonic scale and an easy Maquam on the Oud; alternative tunings for the guitar, facilitating the playing of simple songs; piano techniques, improvisation with 2 chords, together with other instruments; rhythm, group improvisations (call and response);

- rhythmic exercises with vocalizations ('Dhum'/'Pha'/'tek-tek'), various rhythmic games; inner journey to the elements (earth, fire, water,air, metall) with guided imagination texts in Arabic (on CD), followed by group improvisation and verbal reflection; short introduction to Schumacher's model of different modes and possibilities of intervention, connecting senses, tactile exploration and sonorization of the 'patient', "I hear what I feel" (Modus 1).

Mr Walter also spent 1 day attending the music therapy clinic at the Elbus FGC, Suur.



2. Meetings, for M&R planning

Beirut, 26th January: Deborah Parker, Mr Kassem Aina, NISCVT

The following issues were discussed: the state of the Community Music part of M&R, possible strategies for development were defined, depending on whether funds can be found to cover NISCVT staff costs for coordinators and music teachers; the proposed training in Italy for the music therapy team (possibly in Autumn 2015); the enrollment of Mohamad Orabi and Liliane Younes in the 1st year of the music therapy diploma course Assisi, Italy; applications for future funding beyond 2015 (Welfare Association, Tuscany); the Erasmus Plus EU project application; a 1st violin repairing workshop, run by Luthiers Sans Frontières London during 2015.

Baabda, Tuesday 27th January: Deborah Parker, sig. Flavio Lovisolo, Italian International Cooperation, UTL Beirut.

(Recommendation given by Cinzia Chighine, Regione Toscana)

M&R was briefly illustrated with presentation of the 2013-14 Annual Report, with the specific request for help in identifying funds to support NISCVT's local staff costs. Sig. Lovisolo suggested sending a presentation of M&R, NISCVT and Mr. Kassem Aina to the Italian Ambassador, First Counsellor and DhoM Italian Embassy Beirut, the Director of UTL Beirut and the Head of mental health, psychosocial response and intercultural communication section, International Organization for Migration. NISCVT will then be able to apply directly for funding. The presentation letters were sent to all interested parties on 1st and 2nd Feb 2015.

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