

# *Editorial*

# A Message from the Editor

Bussakorn Binson<sup>\*</sup> Editor in Chief

Urban life can be hazardous to ones physical and mental health in a multitude of ways. It is a way of life that tends to induce stress from all angles whether it be physically from pollution, noise induced sleep deprivation, or long tangled commutes layered with the emotional obligation of caring for children or dependent elders that push out and away ones periodic rejuvenating experiences.

Currently, the contemporary material culture appears to be popular, but it tends to make an unsettled bed of peace in the human mind with its rapid pace of serial and never-ending change. Yet with the arts and music being creative pathways in and out from ones soul that taps ones imaginative essence along the way, it reaches beyond into others through the sharing and sparking of mirror neurons. The arts contributes to the establishment of an easy, non-verbal rapport or at least builds a connecting curiosity not easy achieved with other modalities.

Art creators can project and express their emotions and messages through art-making that can provide an enhanced secondary pathway to the verbal. The music and creative arts therapy processes focuses on dealing with the creative art activity as being therapeutic in and of itself, or in the psychotherapeutic transference between a therapist and their client during the art creation event.

<sup>\*</sup> Dr. Bussakorn Binson, Associate Professor, Faculty of Fine and Applied Arts, Chulalongkorn University, Bangkok, Thailand 10130. voice (and fax after 4 rings): +662 218-4582, email: bsumrongthong@yahoo.com, website: <http://pioneer.netserv.chula.ac.th/~sbussako/>

This JUCR special issue titled Creative Arts Therapy – Music & Medicine is being published to commemorate the success of two important conferences held in Bangkok in 2012. It began in late June with the First ASEAN Music and Creative Arts Therapy Summit followed shortly by the 2nd International Association for Music and Medicine Conference during the first week of July.

The conferences themselves was made possible through the generous support of the Chulalongkorn University's 100 Year Anniversary fund and the University's Faculty of Fine and Applied Arts in conjunction with the Office of Art and Culture along with the International Association for Music and Medicine, Thailand's Ministry of Public Health, and University of Haifa, Israel. The latter was instrumental in organizing and staffing the 1st ASEAN Music & Creative Arts Therapy Summit that was held from June 27 to July 2, 2012 at Chulalongkorn University's Arts & Cultural Building. The 2nd International Association for Music and Medicine Conference was held on campus in the Mahachulalongkorn building from the 3rd to the 5th of July.

This JUCR special issue focuses on therapeutic and creative use of arts and music along with the use of music as medicine. The authors of this issue are experts in using music and art to achieve positive client-orientated goals and objectives. This volume consists of the descriptions of supervision in music therapy teams and expands on the definition of music and medicine. It also includes the unique therapeutic use of the One to Five Piano method as created by a long established Thai pianist. Moreover the reader can explore the development of an integrative approach to the application of music therapy in a medical setting from The Louis Armstrong Center for Music & Medicine. This includes the use music therapy with inpatients awaiting a heart transplant and the use of music in cancer care to address the patient's stress and pain. Other articles include the blending of music instruction into music therapy and several others. The contributors in this issue hail from many different corners of the world and include the countries of Argentina, Austria, Israel, Thailand, Uruguay, and the USA.

Our goal with this issue is to create a new forum for exchanging information on all aspects of music and creative arts therapy and the use of music as medicine as an alternative pathway of care in today's urban society. Moreover with the formal study of music and art therapy being relatively new to ASEAN countries, I hope with the recent launch of these two recent conferences together with this special issue of JUCR that this region of world will experience further development and interest in this field in the years to come.