

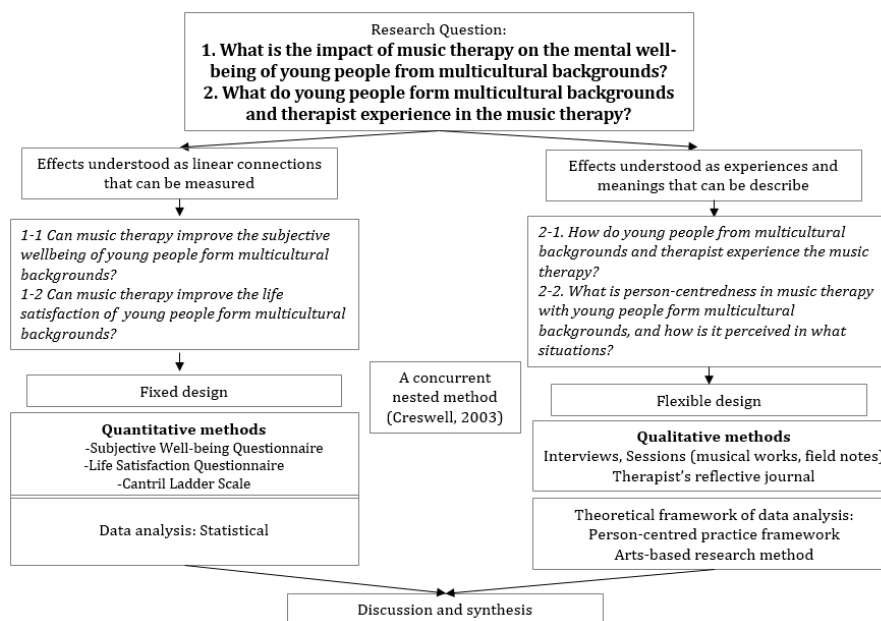
## Interim Report

### Development and Application of Music Therapy Programme for Multicultural Youth

(Tentative title: Music therapy with young people from multicultural backgrounds in South Korea: A mixed-methods exploration of the experiences through the lens of person-centred practice framework)

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The purpose of this research project is to gain an in-depth understanding of the music therapy experience of young people from multicultural backgrounds and to explore any effects of music therapy on their mental wellbeing. Particularly, the researcher investigates what person-centredness in music therapy with young people from multicultural backgrounds is and how it is perceived in what situation. It ultimately focuses on giving voices to young people from multicultural backgrounds, collaborating together, and sharing healthful culture through music. This study was approved by the ethics panel in September 2021 and is predicted to continue until 2024. An overview of the research design is as follow.



### Progress so far

MTC funding supported a data collection stage that included participant recruitment and music therapy practice. I am grateful to the Music Therapy Charity for funding which has offered young people from multicultural backgrounds a variety of musical experiences and meaningful connecting. Five young people from multicultural backgrounds in South Korea between the ages of 12 and 16 engaged in 'Mu-Being (뮤빙, in Korean)', a music therapy programme consisting of 15 sessions. The sessions are based on a humanistic approach that has been used and developed through previous clinical experiences and collaborative works with migrant workers and young people in need. Each session was composed in a variety of ways according to the participants' choices and preferences and sometimes was creatively mixed. The researcher collaborated as much as possible with young people in the planning, doing, sharing and reflection of sessions.

The young people-led Christmas concert, which they reported as one of their happiest moments, was an important opportunity for them to connect with the diverse support and resources of the local

community. In addition to the primary analysis of the collected data, as part of the exploration of person-centredness in music therapy which is one of the research question, the researcher will revisit the research site in the spring of 2022 to investigate the impact and meaning of a healthful culture that music therapy brings to individuals, institutions and communities. The preliminary result of the project will be presented through a poster at the European Music Therapy Conference in June 2022. The results of the research are hoped to offer valuable data necessary to share the voice of young people from multicultural backgrounds in a creative way and to develop the social support and educational programme that reflect their experiences.