

Abstract

This research study focuses on the experience of clients who have listened to music immediately prior to therapy sessions and reconnected with past memories or emotions. The participants in the study were integrative psychotherapists or trainee integrative psychotherapists who had spent a minimum of two years in personal therapy. They shared their experience of the impact of listening to music prior to therapy, on the sessions that followed either positively or negatively through semi-structured interviews of approximately fifty minutes in length.

The data collected was then analysed using a phenomenological inquiry methodology. The findings revealed that listening to music prior to therapy had a significant impact on the client and the session that followed. Participants described how they would reconnect with past events and felt that their emotions were heightened as a result of listening to music. It highlights that the opportunity for repair can then exist in therapy but that there was also the danger of further damage if the therapist was not attuned to the client's needs.

The study is relevant to the field of integrative psychotherapy on the basis that it will inform integrative practitioners working with clients who listen to music prior to therapy working in a developmental relational model.