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MUSIC THERAPY FOR PALLIATIVE CARE PATIENTS:THE BODY TAMBURA

The Body Tambura, a new string instrument in the field of receptive music therapy is inspired by the classical Indian Tambura. It has received increasing attention by German therapists working in the field of palliative care or with coma patients. The instrument was designed by B.Deutz/ Berlin to be placed on the human Body. The sound of the Body Tambura is characterized by playing the 28 strings of the instrument evenly to produce fine vibrations and create a softly enveloping monochromatic acoustic space for the listener, which is supposed to induce a state of trance and relaxation. The sound can be heard and felt. The aim of the workshop is to get to know about the BodyTambura in a practical demonstration, to individually experience the effect of its sound and to learn about the handling of the Body Tambura like tuning and way of playing. No special musical background or musical talent is required to participate.

Biography

Cordula Dietrich has completed her medical specialisation in psychiatry and psychotherapy in 2005. Since then she has been working in her own private practice in Berlin as a psychotherapist, musictherapist and relaxationtherapist. Besides her medical education, she is a trained classical singer and underwent a further training in receptive music therapy.(GIM). Since 2010 she was seriously involved in two research studies in receptive music therapy with the Body Tambura in the field of palliative care in Lazarus hospice in Berlin and St. Joseph's hospice in Dindigul/ Southindia. She recently completed her further training in palliative medicine. She is the chief trustee and founder of Zuflucht e.V germany, which is constantly supporting the work of St. Joseph's hospice/ Dindigul, Southindia.

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