

QUALITATIVE INQUIRIES IN MUSIC THERAPY:

A MONOGRAPH SERIES

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Edited by  
Douglas Keith

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## EDITOR'S INTRODUCTION

Barcelona Publishers is pleased to present Volume 13 of *Qualitative Inquiries in Music Therapy*, showcasing the work of three qualitative researchers. Sangeeta Swamy, Demeko Freeman, and Daniel Moran are all relatively young researchers whose voices we welcome. Their topics – including culture-centered music therapy, self-study as supervision, and meditation as self-care – speak to the needs of many music therapists today and in the future.

Sangeeta Swamy has contributed to the growing body of research on the roles of culture in music therapy. She introduces us to Culturally Centered Music & Imagery (CCMI), a music-evoked imagery experience that situates the therapeutic encounter as well as the musical intervention within a socio-cultural framework. In her study, Swamy created narrative portraits of the participants' imagery to show participants' experiences of ethnic identity to be complex and multi-layered. Music therapists, who work with increasingly diverse populations, are well advised to broaden their concept of "cultural identity" to recognize its multidimensional nature.

Demeko Freeman has provided a beautiful and interesting example of autoethnography, a form of self-study. Freeman shares stories of his daily life working in a residential facility for people with dementia. In this paper, the author himself is very present and palpable, communicating to the reader his perceptions of what clients and colleagues are doing, his immediate and later reflections, and his actions. The result is a paper that reads almost like the script to a dramatic work. Freeman points to its value as a tool in learning and supervision, and suggests the even greater potential if users (i.e., clients) could co-create such a work.

Daniel Moran explores the topic of self-care in a heuristic self-inquiry of his experiences in a mindfulness meditation program. Moran describes three categories that emerged during his program: exploring mindfulness meditation, identifying stressors in personal and professional life, and positive experiences through mindfulness meditation. His meditation program and research process also included artistic inquiry, and Moran concludes with a creative synthesis, in the form of an original meditation song composed in the process. Here we have yet another example of artistic inquiry in several stages of the research process.

We hope our readers enjoy and benefit from these studies.

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