



THE NEW MODEL FOR MUSIC EDUCATION – THERAPEUTIC APPROACH: WHY AND HOW?

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Abstract

Music could be seen as a versatile instrument in people's lives - its powers and various functions (including therapeutic application) have been widely discussed. Several studies, however, present the fact that music inside of school and outside is not an organic whole for pupils, especially for adolescents (Harvgreas, 2011; Lamont, Hargreaves, Marshall, & Tarrant, 2003; Liimets & Mäesalu, 2011). In a nutshell, therapeutic approach to music education acknowledges inborn (natural) musicality, which, supported by a music teacher, could help establish lifelong involvement with music and therefore gives opportunities to the individual to enhance one's well-being through music.

Key Words: Inborn musicality, music teacher, lifelong involvement with music, therapeutic approach, well-being.