



Australian Journal of Music Therapy

Volume 26, 2015

Special Edition: *Music therapy and Ageing Well*

BOOK REVIEW

Brooke, S.L., & Charles E. Myers, C.E. (2015). *Therapists Creating A Cultural Tapestry: Using the Creative Therapies Across Culture*. Illinois, USA: Charles C Thomas. AUS \$62.95, 328 pages, ISBN: 978-0-398-08128-7 (hardback).

Readers who wish to expand their knowledge of cross-cultural studies and ethnomusicology in areas relevant to therapeutic practice have an admirable shortcut in *Therapists Creating a Cultural Tapestry*. With contributions by twenty professionals in the field of creative arts therapy, the book contains eighteen essays examining the therapeutic use of art, play, music, drama and movement in different cultures and with culturally diverse clients.

The essays are evenly divided between these two themes of cultural diversity and cultural specificity. Examples of cultural diversity include those pertaining to cross-cultural competency in supervision (Chapters 17 and 18) as well as an emotional chapter discussing the psycho-biological effects of torture (Dance and Movement Therapy, Chapter 10.) Other chapters deal with specific cultures such as Chinese (four chapters); Israeli (two chapters) and Appalachia (one chapter). There are also an interesting chapters discussing concepts related to Afghan child-refugees in Australia (Chapter 5) and Chinese-American children in New York (Chapter 3.) Some are beautifully complimented by photographs of the subject's art and play.

The fourth and ninth chapters are of particular interest to music therapists: 'Musical Roots for Healing: the Role of Music as Therapy in Traditional Chinese Medicine' and 'The Arts and Natural Health: A Merging of Creative Art Therapies and Traditional Chinese Medicine,' by Dr Krystal Demaine, a Board-certified Music Therapist. As someone who has written on music therapy work with Chinese clients, I can appreciate the amount of work that has gone into explaining the relationship between Chinese medicine, music and therapy here. Demaine has read widely and quoted sources from ethnomusicology and neuroscience as well as Chinese texts, explaining cultural concepts clearly and in detail. This is perhaps the most comprehensive academic investigation of this integrated healing approach to date.

Cultural bias and ethnocentrism can be a challenge for therapists in understanding a client's world view. This notion is acknowledged throughout the text of *Cultural Tapestry*; yet within also lies a means to extend our lens, not only in terms of culture but also creative arts therapy modalities, some of which were unknown to me prior to reading this book, for

example. 'Center-post Resilience Framework' (chapter 10) and 'Therapeutic Spiral Model' (Chapter 15). This is an important resource for music therapists, students and researchers working with our increasingly multicultural clientele.

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