

Perret, D. (2005). *Roots of musicality. music therapy and personal development*. London: Jessica Kingsley. US\$27.95, 191 pages, ISBN: 1-84310-336-2.

Roots of Musicality is an easy to read text which attempts to outline an holistic theoretical approach to music therapy based on the concept of musicality as an expression of the self. Perret draws from metaphysical concepts, neuroscience, bioacoustics, quantum physics, and healing, cultural and religious traditions, to inform his approach. The book is divided into four chapters and has seven appendices, which covers a range of material from exercises for centring oneself to improvisation techniques.

Perret's approach is based on the qualities of the five element system as known in Ancient Greece, India and Tibet. He offers that this system enables the reader to understand the connections between one's musical expression, and all aspects of one's physical, emotional, spiritual, and cognitive functioning. When a lack of connection is identified, Perret highlights how the five element system can be used to establish harmony within oneself. This is demonstrated through case vignettes and working suggestions.

In chapter three he introduces the concept of neuro-musical thresholds, within the five element system. He identifies the unique role music therapy has in activating neural pathways and again offers case vignettes and working suggestions to illustrate his ideas

Perret discusses the need to engage the right side of the brain and to think beyond the purely intellectual and rational. He discusses the idea of energy fields, past incarnation experiences and the effects of sound on the psyche. He stresses the importance of "knowing" oneself, the development of intuition, and identifies the role of music making in activating levels of consciousness. He also asks to reader to consider the many roles within the therapeutic relationship.

Whilst Perret offers some interesting concepts, and useful working suggestions, this reader was left feeling unfulfilled and disappointed with the theoretical aspects of this text. He attempts to draw from a number of areas in order to offer a more informed global approach, which is an interesting endeavour but not a new idea. The lack of qualification of some of his concepts and limited review of theories and contributors to those theories underpinning his approach, left this reader feeling unconvinced. The reader was disappointed by the absence of biologist Rupert Sheldrake's (1995) hypothesis of morphic resonance, in Perret's discussion of energy fields. The concept of neuroplasticity was also omitted, which would have served to strengthen and expand the idea of neuro-musical thresholds. However, had I

followed what Perret had intended and approached this text with only the right hemisphere of my brain engaged, I am sure I would not have been disappointed!

Roots of Musicality is an interesting text, while it lacks in theoretical rigour, it has many practical musical ideas and interesting concepts. I would recommend it to music therapists who are seeking another frame of reference for their work or new musical ideas.

References

Sheldrake, R. (1995). *A new science of life*. Vermont: Park Street Press.

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Pavlicevic, M. (Ed.). (2005). *Music Therapy in Children's Hospices – Jessie's Fund in Action*. London: Jessica Kingsley. US\$27.95, 192 pages, ISBN-10: 1-84310-254-4

What defines a hospice? Many would accept it as a place that provides palliative care and respite to patients with a life-threatening or life-limiting illness and bereavement support to their families. The contributors to this book offer a much deeper understanding of what takes place within the walls of a hospice. "Moments in Time" is the thread which weaves through this collection of case studies and therapists' personal stories. Each of the contributors has given an honest and candid account of their work in this field, using both case examples and personal reflections.

Jessie's Fund is a London-based charity set up by a family who lost their daughter to cancer in 1994. In the first chapter, Jessie's mum shares her experience of their family's journey through hospice care and how she chose to direct the setting up of music therapy positions in children's hospices.

As one is reading through the subsequent chapters, there is the sensation that you are accompanying each therapist during their working day. The reader is taken on a journey through music therapy sessions with babies, children, adolescents, and their siblings and families all of whom are experiencing a life threatening or life-limiting illness. There are common themes in all their stories of life and energy, of intimacy within the music space and of sharing precious moments. Each chapter describes the uniqueness that music therapy brings to this setting and also the challenges for the therapist in providing such a service.