

PICTORIAL EXPRESSION UNDER MUSICAL INDUCTION IN A POST-TREATMENT NEUROPSYCHIATRIC CLINIC in Cassis (France)

- Director Dr. Lucien Duclaud -



The experiment context is a post-treatment neuropsychiatric clinic that welcomes about forty women for a stay lasting a few weeks. It is essentially a place of rest and convalescence with a psychiatric and psychotherapeutic supervision for those who desire it.

The first session (1983), in the presence of the composer, revealed a real impact on the patients by the music and numerous reactions that followed were considered particularly useful by Dr. Duclaud who was able to progress with his psychotherapy in individual sessions. This first session thus served as a test for the psychiatrist who accepted to conduct, with the help of his nurses, an experiment based on an elaborate protocol provided by Dr. Amouyal and his assistants.

Dr. Duclaud chose among his patients those who seemed to have most benefited from the musical work. In order to create a homogenous group, he only selected neurotic women with hysterical tendencies.

In order to better define the effects the most directly imputable to the sessions of musical induction, the twelve patients selected by the director-doctor were divided up into an experimental group and two witness groups that served as a basis for statistic analysis of the results. All the cases that underwent experimentation show that a modification occurred and certain present a real path to awakening of the consciousness.

Significant assessments were given by a few patients:

“ Throughout the sessions, I felt an interior release. I had the impression that I was discovering a being that I didn't know or that I didn't know very well...This helped me a lot, enriched me, and liberated me from certain tensions, made me see what I was trying to hide from myself. “

“ Thank you for the musical therapy sessions. I am feeling better and better and I am taking painting lessons...”

This patient, who has a heavy psychiatric past, had stopped painting for twenty years following the “advice” given by previous psychiatric supervision. At the beginning of the experimentation, her drawings had a very childlike quality, and then as she continued to listen to the music they became more rich and she found the desire to paint again. Back at her home, she started up a painting workshop!

Another patient after experimentation:

“I bought the five tapes. I can say that a day doesn't go by that I don't listen to them. At night, I fall asleep immediately. The fourth and fifth tapes calm me, relax me. During the day if I am worried or angry (..) I play the third tape and sometimes tears run down my face(..) and everything is better”.

And still recently:

“...Thank you for your music. I have had the five IDE CDs for more than a year, following a stay in Cassis. Hardly a day goes by that I don't listen to the music according to my needs, but the one that suits me the best is number 5 which soothes me when I feel agitated or angry. I know that thanks to your music, upon listening to your music at the post-treatment house in Cassis, I was able to release all my interior conflicts, because I started to write and since I returned home 14 months ago, I have continued sessions with a psychotherapist in Orléans and we have worked on what I wrote. I am infinitely grateful to you, this is why I am ordering the two CDs "Search and Find" and "Temptation", because I think that they are going to help me continue my work on myself. With all my gratitude..”

Lucienne (see drawings)

Assessment

“I was able to express myself outside of words, outside of others, to yell, to scream, to be happy and to feel all of that. I was able to speak to myself in total security (even if it was painful).”

“Life is an open book that man writes. My life is an open book about the future... a lot of blank pages to fill, other than with black ink. I want to live! in color!”

Françoise (see drawings)

Assessment

“Very good. Super.

I love to express myself about music. I only regret that we didn't have any faster music. Moreover, I believe I have found the cause of my anguish, at least one of the causes. Facts from my past re-emerged, despite my will.”

“At the beginning, calm, serenity, plenitude. Then, a question or rather a "question mark". I have a fight to lead, a fight against myself, a fight that will be hard, without pity. I must win!”

To perfect the rigor and validity of the experimentation, it would be necessary to work in "double blindness" with patients who would do only that and other groups something else, the evaluators not being the experimentors...

Because the experimental context is hard to manage, like the finalizing of a medication, we have renounced going any farther for the moment, due to a lack of personnel.

To this day (July 2002), D.E.I. music is still used by Dr. Duclaud who considers that music is therapy and that it serves as a projective aid. Because even if one doesn't take notice of what the patients do and how they do it, the therapeutic act is there and they benefit from it...

EXPERIMENTATION IN NEUROPSYCHIATRY

Dr. Duclaud - neuro-psychiatrist - Relaxazur Clinic

Lucienne

1A



1B



2A



2B



3A



3B



“ Life is an open book that man writes.
My life is an open book
about the future...
a lot of blank pages to fill,
other than with black ink.
I want to live! in color! “

4A



4B



5A



5B



I was able to express myself outside of words,
outside of others, to yell, to scream,
to be happy and to feel all of that.
I was able to speak to myself in total security
(even if it was painful).

EXPERIMENTATION IN NEUROPSYCHIATRY

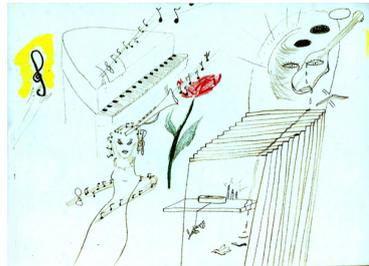
Dr. Duclaud - neuro-psychiatrist - Relaxazur Clinic

Françoise

1A

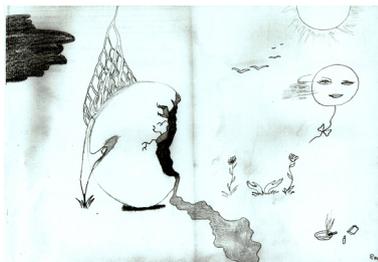


1B



“ At the beginning, calm, serenity, plenitude. Then, a question or rather a "question mark". I have a fight to lead, a fight against myself, a fight that will be hard, without pity. I must win! “

2A



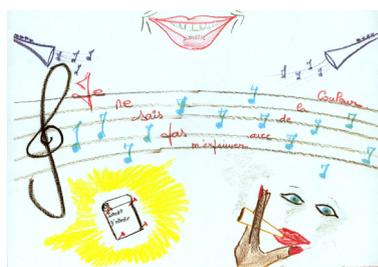
2B



3A



3B



4A



4B



5A



“ Very good. Super. I love to express myself about music. I only regret that we didn't have any faster music. Moreover, I believe I have found the cause of my anguish, at least one of the causes. Facts from my past re-emerged, despite my will. “

5B



NEUROPSYCHIATRIC TEST

Dr. Duclaud - neuro-psychiatrist - Relaxazur Clinic

Dany

Case of Dany B. Depression-anxiety syndrome superimposed on an immature, dependent oral structure. Neurotic depression. Several suicide attempts.

The patient said that she had a good experience in the sessions. Nevertheless, she continued to express suffering at not having gotten what she wanted (“my hand isn't drawing what I want to express”) and feelings of incomprehension and revolt at having to submit to the limits required by the setting. The drawing often made reference to the idea of “Freedom”, which she juxtaposed with the way her family sees her and the underlying reproaches related to her behavior (“my sister's eye”). Moreover, she suffers from not having been able to impose her vision of things on her husband (“I wanted him to understand and to act as I wanted him to”) and sometimes creates a scene in a spectacular and exaggerated manner. Nevertheless, a behavior in her communication was observable: her rebellion and aggression gave way to acceptance of others and the music therapy experiment.

