

## What is community?

- In order to think of the community, will start with the **individual**.
  - The lives of human beings are characterised by continuous interaction with others through reciprocity (idea about exchanging with others for mutual benefit) – p.87. Aarø, L. E., & Stige, B. (2011)
  - Cooperation and sharing
  - A lot of research shows that humans “function especially well within groups, both to their own individual benefit and to the advantage of the group” (Stige, 2002)
  - Bronfenbrenner's (1979) Ecological Systems Theory: Hierarchically Nested Concentric "Spheres" of Organism-Environment Interaction, there are various systems that are acting across each other and also upon the organism, but the organism can also impact the system, so it is not unidirectional
  - Different understanding about how individuals work within systems: individuals with microsystems within organisations within localities within macrosystems
- We are all interconnected, and we exist and thrive as a part of a community
- The word community comes from the word ‘communitas’ which means ‘of common’
  - Ruud talks about the strong experiences of equality and togetherness in some music therapy processes: Unity, communitas ... strong experiences of equality and togetherness in some music therapy processes
- There is no one definition for community, it can be a very complex construct. It can be about a geographical community in a particular location and often early on in ethnography, people would go to a place to be with a community
  - This is very different now as we can be a part of an online or a relational community with people in other ways
  - There is possibly different levels of this relational aspect as well in regards to communities on Facebook in comparison to in-person



## Community music therapy

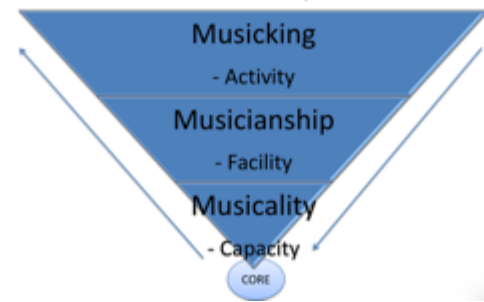
- CoMT - Stige
- About health and wellbeing beyond hospital healthcare settings so that it is actually being in the community (eg. schools/ other places where people actually are)
- Very connected to culture-centred music therapy to help us expand our thinking and think about not only being in a clinical situation beyond the hospital, but also within the actual community

## Protomusicality

- Our capacity to make music as it is developed through the evolution of human species (phylogeny)
  - This idea that in communicating and being social beings, that music is a part of that
- “It would be impossible to do away with music without removing many of the abilities of social cognition that are fundamental to being human” (Cross & Morely, 2009, p7)

Musical development – two factors involved, notion of the expanding musical experience and the expanding social experience – the **expansion** process

- Musical development
  - Core Musicality – Capacity
    - The initial start of us being able to engage musically in the world
  - Musicianship – Facility
    - Culture plays role here in the way we use musicality in the word, the way we interact with others, heritage, culture
    - The application of our musicianship
  - Musicking – Activity
    - Engaging with music in a cultural and social sense
    - Actively participating rather than just a relationship with music linked to culture
- Social development
  - **Individual (I/You) ← (We) → Communal (Us)**
  - I/You : First our individual experience
  - We: Then there is a we experience, sharing but not connecting and engaging in a way that makes us a single unit
  - Us: once we are all doing something together, that social experience can elevate to a collective interactive engagement



Towards musical community

- We may all start at the **I/You** but as one's musical experience increases we move up the y-axis, and as our social experience expands, will move right on the x-axis
- At different points, we may be engaging with musicality at a different way, sometimes we are engaging with core musicality, other times we are working in the musical community space

Why collaborative musicking?

- So we can bring these social and cultural elements that are critical to the health discourse into our understanding in how to work with music and health generally
- Framework for conceptualising music for health
  - From communication to collaboration
- It incorporates the social and cultural elements of musicking for health
- Underlying principle:
  - Collaborative musicking proposes that working towards a **shared cultural experience** can promote **health** and **wellbeing**

