

Muziektherapie en Psychiatrie Als Woorden Tekortschieten

em. prof. dr. Jos De Backer

prof. dr. Katrien Foubert

7 mei 2026

UPC KU Leuven



Overzicht

Muziektherapie: opleiding, methodes en werkveld

Impact muziektherapie

Interventie-ontwikkeling in muziektherapie

- Internationaal
- Vlaanderen

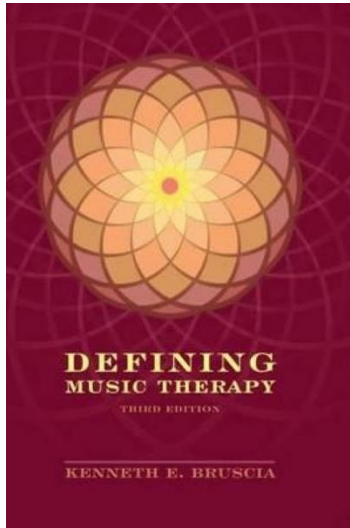
Nieuwe ontwikkelingen ism UPC KU Leuven

Muziektherapie: opleidingen in Vlaanderen

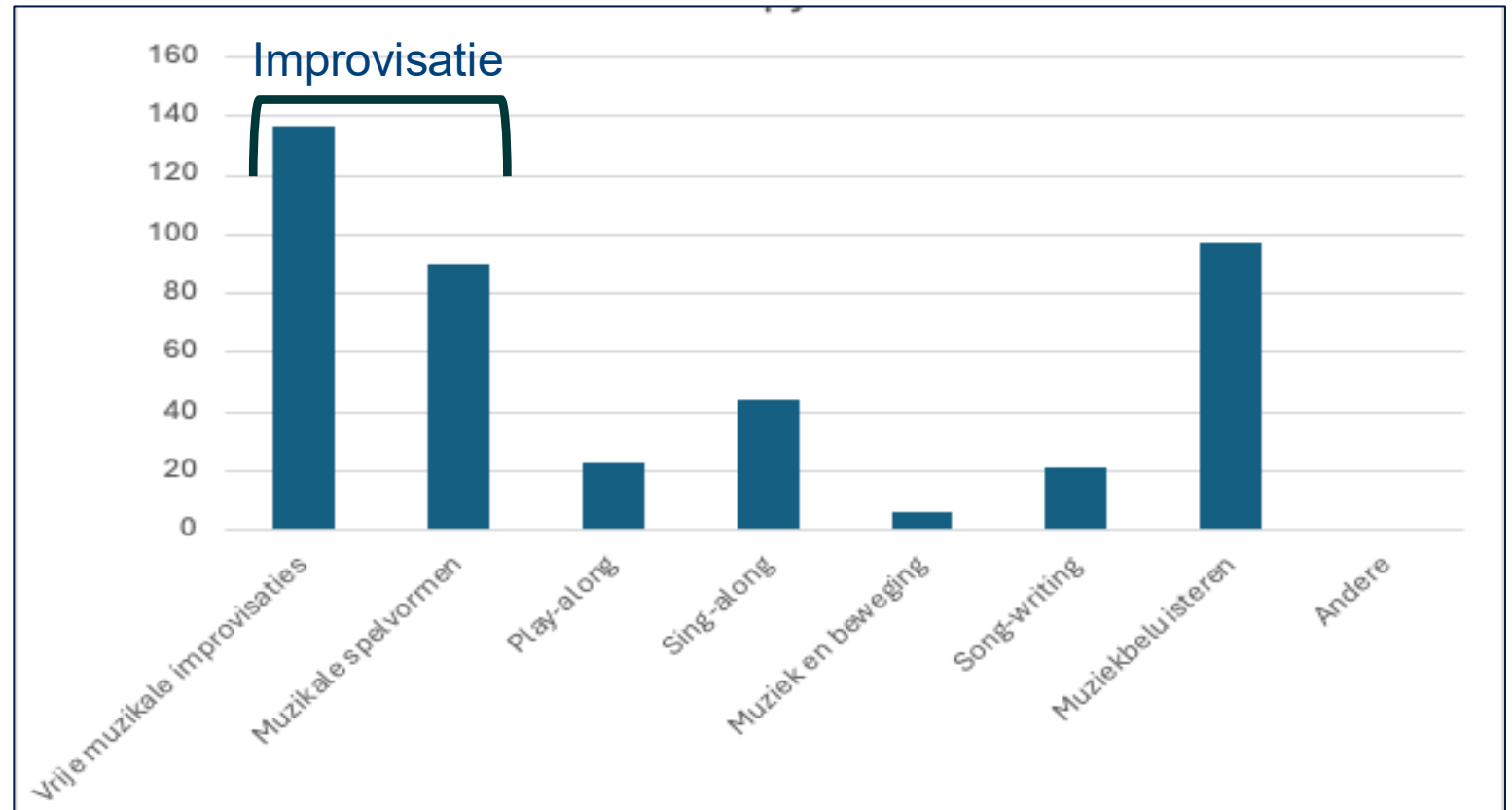
- Academische BA en MA muziektherapie
LUCA - KU Leuven
Leuven
- Professionele bachelor opleiding
Artevelde Hogeschool
Gent



Muziektherapie: vier belangrijkste methodes



- Improviseren
- Componeren
- Re-creatie
- Luisteren



Muziektherapeutische methodes in Vlaanderen en Nederland



Coomans, A & Foubert, K. (2025). Muziektherapie in Vlaanderen en Nederland anno 2023: veranderingen in het werkveld en mogelijkheden voor kennisuitwisseling. *Tijdschrift voor Vaktherapie*, 21(2).

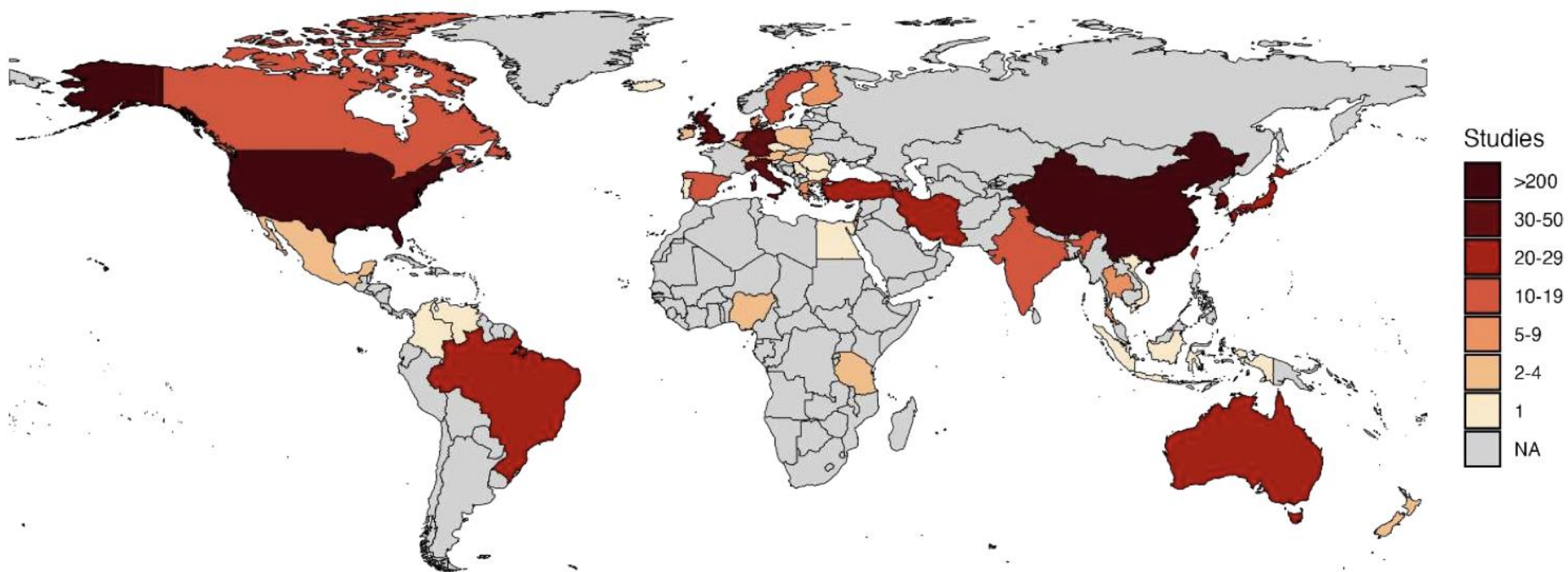
Muziektherapie: werkveld in Vlaanderen

Tabel 2: muziektherapeuten binnen verschillende soorten voorzieningen in Vlaanderen en Nederland (n=130)

Voorziening (n=130)		VLAANDEREN	NEDERLAND	TOTAAL
	Psychiatrisch Centrum of Ziekenhuis	16,90%	8,50%	25,40%
	Ouderenzorg *	10,80%	14,60%	25,40%
	Voorziening voor personen met een handicap	5,40%	4,60%	10%
	PAAZ **	4,60%	0,80%	5,40%
	Forensische setting	0,80%	3,10%	3,90%
	Zelfstandige (Privépraktijk of Therapeutisch Centrum)	5,40%	7,70%	13,10%
	Onderwijsinstelling	10%	1,50%	11,50%

 Coomans, A. & Foubert, K. (2025). Muziektherapie in Vlaanderen en Nederland anno 2023: veranderingen in het werkveld en mogelijkheden voor kennisuitwisseling. *Tijdschrift voor Vaktherapie*, 21(2).

Geografische spreiding van RCTs en CCTs muziekgebaseerde interventies



de Witte, M., Bradt, J., ... Lampit, A. (2025) The Effects of Arts-Based Interventions in the Treatment and Management of Non-Communicable Diseases: An Umbrella review and Meta-analyses [Preprint].

Depression

2017



Cochrane Database of Systematic Reviews

Music therapy for depression (Review)

Authers S, Fusar-Poli L, Freeman RE, Spreen M, Ket JCF, Vink AC, Maratos A, Crawford M, Chen XJ, Gold C

MT compared with Standard Care positively affected **anxiety** and patient-reported/clinician-rated **depressive symptoms**



Preprints are preliminary reports that have not undergone peer review.
They should not be considered conclusive, used to inform clinical practice,
or referenced by the media as validated information.

The Effects of Arts-Based Interventions in the Treatment and Management of Non-Communicable Diseases: An Umbrella Review and Meta-Analyses

Martina de Witte*

University of Melbourne, Faculty of Fine Arts and Music

Joke Bradt*

jbradt@drexel.edu

Depressieve stoornissen:
middelgroot tot groot effect
(SMD 0.74, 95% CI 0.58 – 0.93, 20 ES)

Depressieve stoornissen

Musiekgebaseerde interventies (SMD 0.74) ~ effecten gerapporteerd dan:

- verbale psychotherapieën vs. verschillende types van controlecondities (SMD 0.11 – 0.61) (meestal hoge RoB)
- farmacotherapie vs. placebo (SMD 0.19 – 0.41) (meestal hoge RoB)



de Witte, M., Bradt, J., ... Lampit, A. (2026) The Effects of Arts-Based Interventions in the Treatment and Management of Non-Communicable Diseases: An Umbrella review and Meta-analyses [Preprint].

Depressieve stoornissen

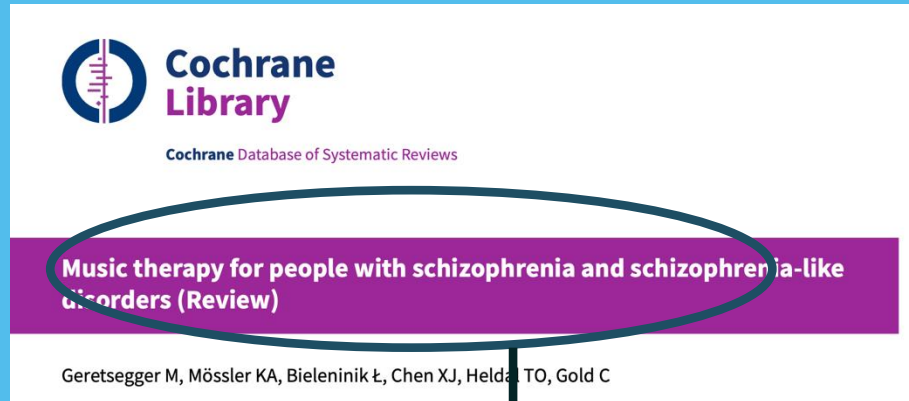
- Dose–response relatie
 - Evidence vanuit meta-regressie wijst op een dose-response associatie, met **klinische relevante effecten na ongeveer vier sessies en een groot effect na zestien sessies.**
- Muziektherapeutische methode
 - Netwerk meta-analyse toont aan dat **actieve vormen van muziektherapie** (zoals improvisatie, componeren en re-creatie) uitgevoerd met een muziektherapeut **gedurende meer dan 60 minuten per week**, de meest effectieve benadering is (SMD -3.00 , 95% CI -3.64 to -2.35).



Navrh, Z., Kantor, J., Foubert, K., Klugarova, J. (in preparation). The impact of music-based intervention on depressive symptoms and other outcomes in adults with depressive disorder: Umbrella review.

Schizophrenia and schizophrenia-like disorders

2017



Quality of Life en Social Functioning verbeterden.
Global/mental states verbeterden.

2026



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The Effects of Arts-Based Interventions in the Treatment and Management of Non-Communicable Diseases: An Umbrella Review and Meta-Analyses

Martina de Witte*

University of Melbourne, Faculty of Fine Arts and Music

Joke Bradt*

jbradt@drexel.edu

Schizofrenie:
Medium effect
(SMD 0.42, 95% CI 0.28 – 0.53, 23ES)

Trauma and stress-related disorder

2022



Health Psychology Review

Routledge
Taylor & Francis Group

ISSN: (Print) (Online) Journal homepage: www.tandfonline.com/journals/rhpr20

Music therapy for stress reduction: a systematic review and meta-analysis

Martina de Witte, Ana da Silva Pinho, Geert-Jan Stams, Xavier Moonen, Arjan E.R. Bos & Susan van Hooren

ABSTRACT

Music therapy is increasingly being used as an intervention for stress reduction in both medical and mental healthcare settings. Music therapy is characterized by personally tailored music interventions initiated by a trained and qualified music therapist, which distinguishes music therapy from other music interventions, such as 'music medicine', which concerns mainly music listening interventions offered by healthcare professionals. To summarize the growing body of empirical research on music therapy, a multilevel meta-analysis, containing 47 studies, 76 effect sizes, 2,747 participants, was performed to assess the strength of the effect of music therapy on both physiological and psychological stress-related outcomes, and to test potential moderators of the intervention effect. Results showed that music therapy showed an overall medium-to-large effect on stress-related outcomes ($d = .723$, $[.51-.94]$). Larger effects were found for clinical controlled trials (CCT) compared to random controlled trials (RCT), waiting list controls instead of care as usual (CAU) or other stress-reducing interventions, and for studies conducted in non-Western countries compared to Western countries. Implications for music therapy and future research are discussed.

Music therapy showed an overall medium-to-large effect on stress-related outcomes.

Substance use disorder

2022



**Cochrane
Library**

Cochrane Database of Systematic Reviews

Music therapy for people with substance use disorders (Review)

Ghetti C, Chen XJ, Brenner AK, Hakvoort LG, Lien L, Fachner J, Gold C

Key messages

Music therapy as 'add on' treatment to standard care likely reduces substance craving and increases motivation for treatment for adults in detoxification and rehabilitation settings. Music therapy lasting longer than a single session is associated with greater reductions in substance craving. There is no evidence of an effect on depressive symptoms, anxiety, motivation to stay sober/clean, or retention in treatment. There were no data on adverse events.

Reduce substance craving and increases motivation for treatment.

Overzicht

Muziektherapie: opleiding, methodes en werkveld

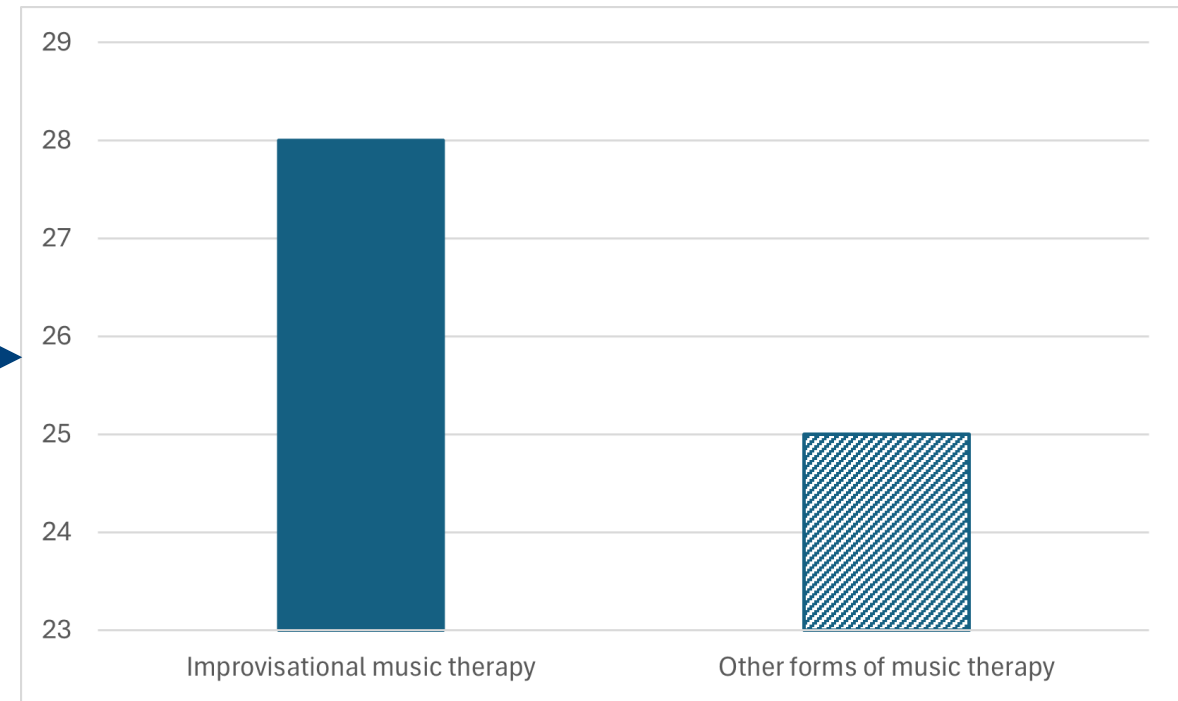
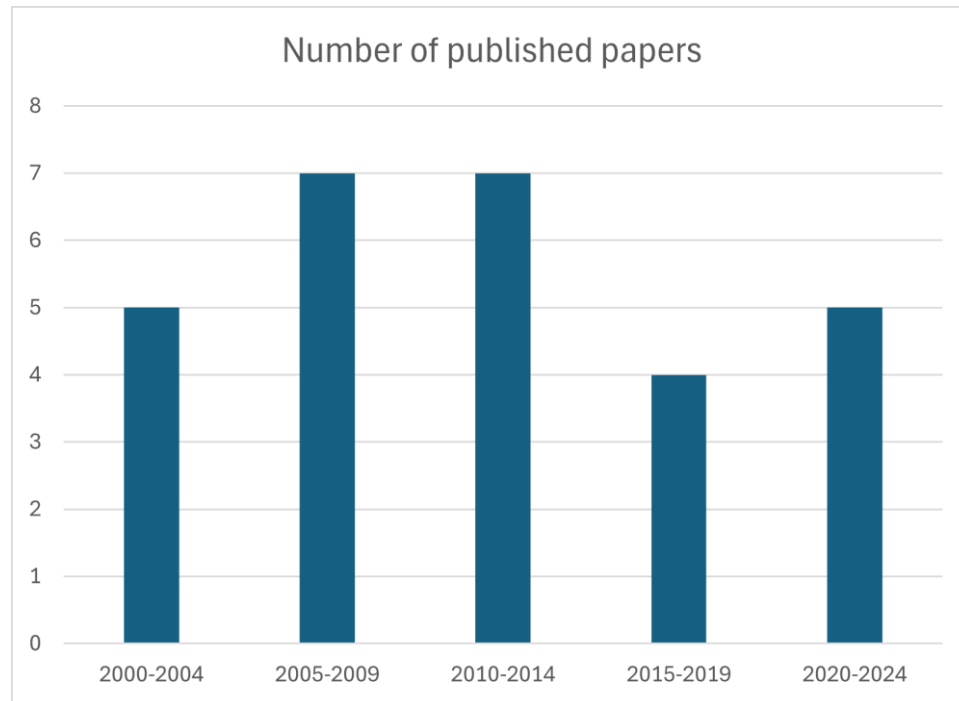
Impact muziektherapie

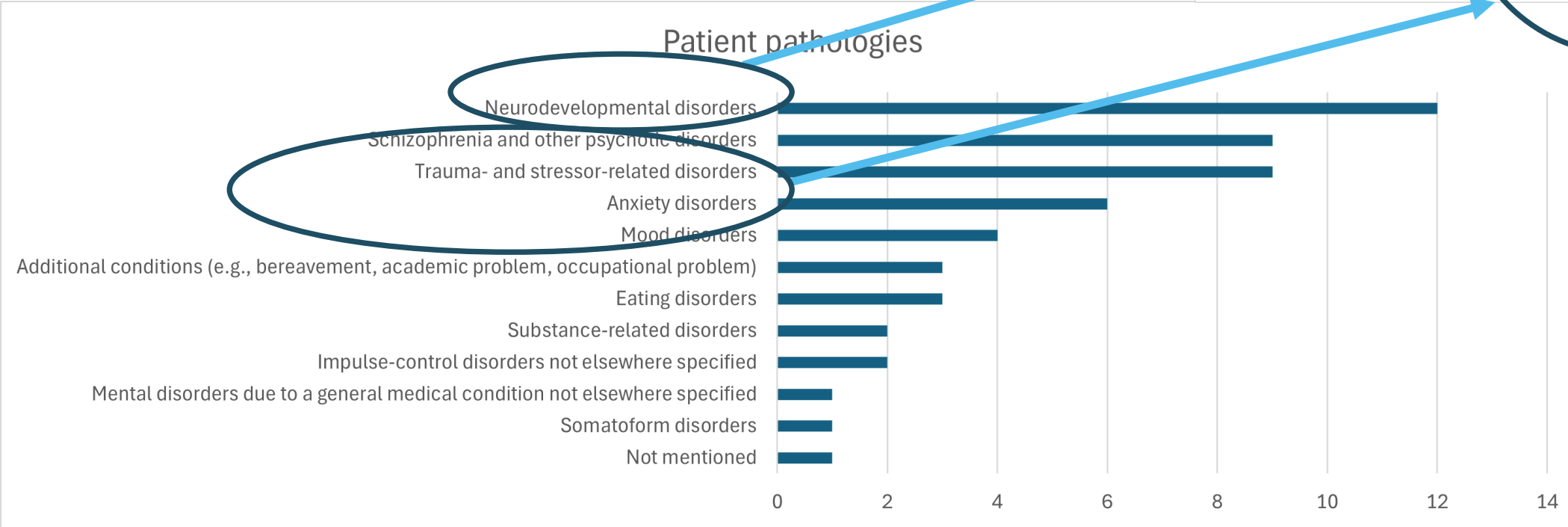
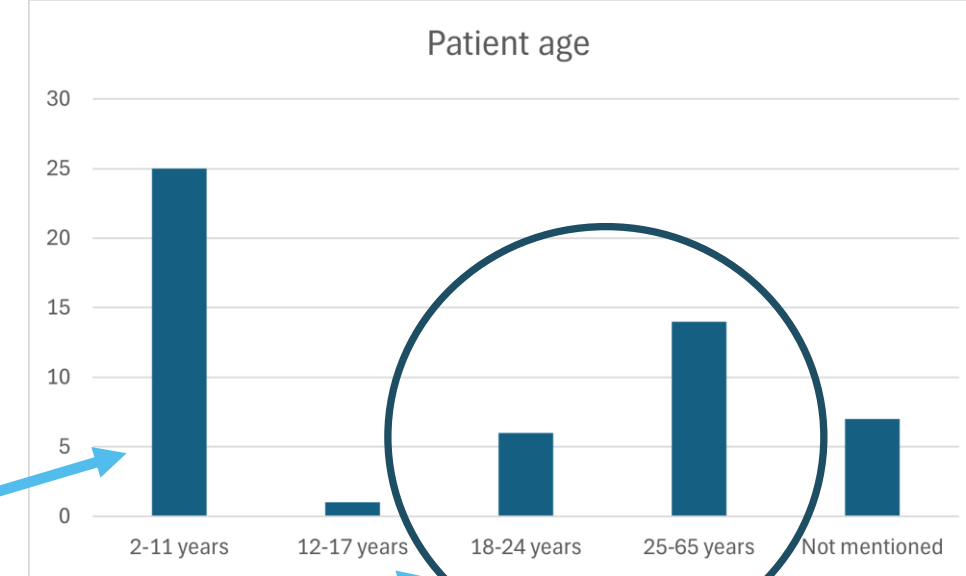
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- Internationaal
- Vlaanderen

Interventie-ontwikkeling in muziektherapie

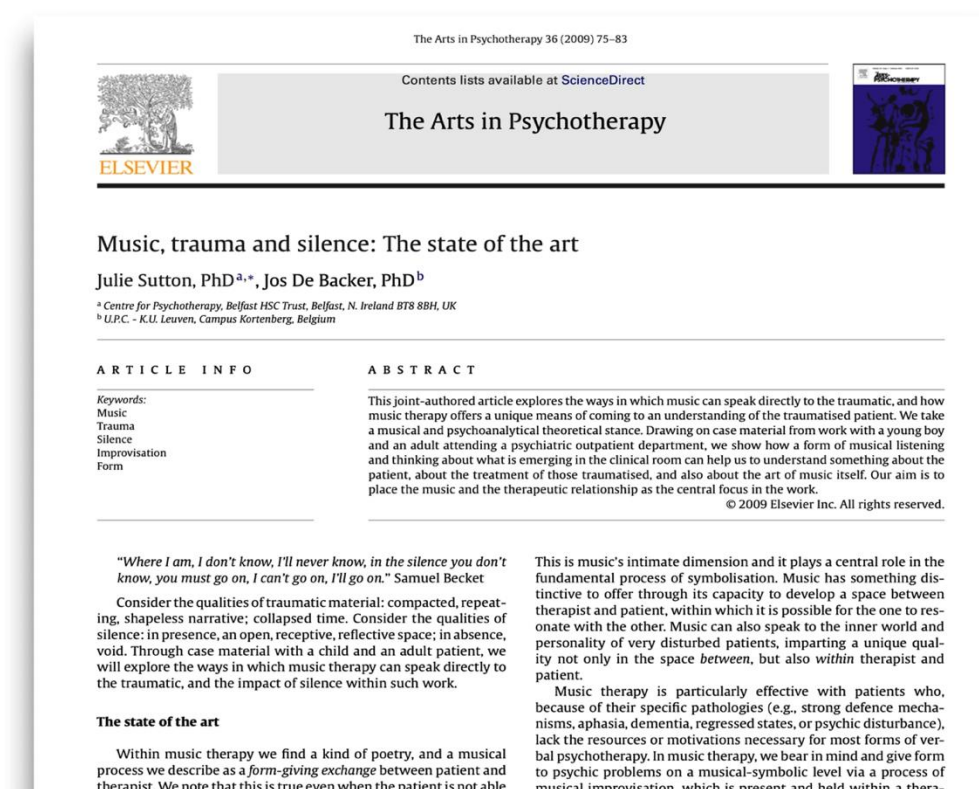
Case studies: 1999 – 2025
Nordic Journal of Music Therapy



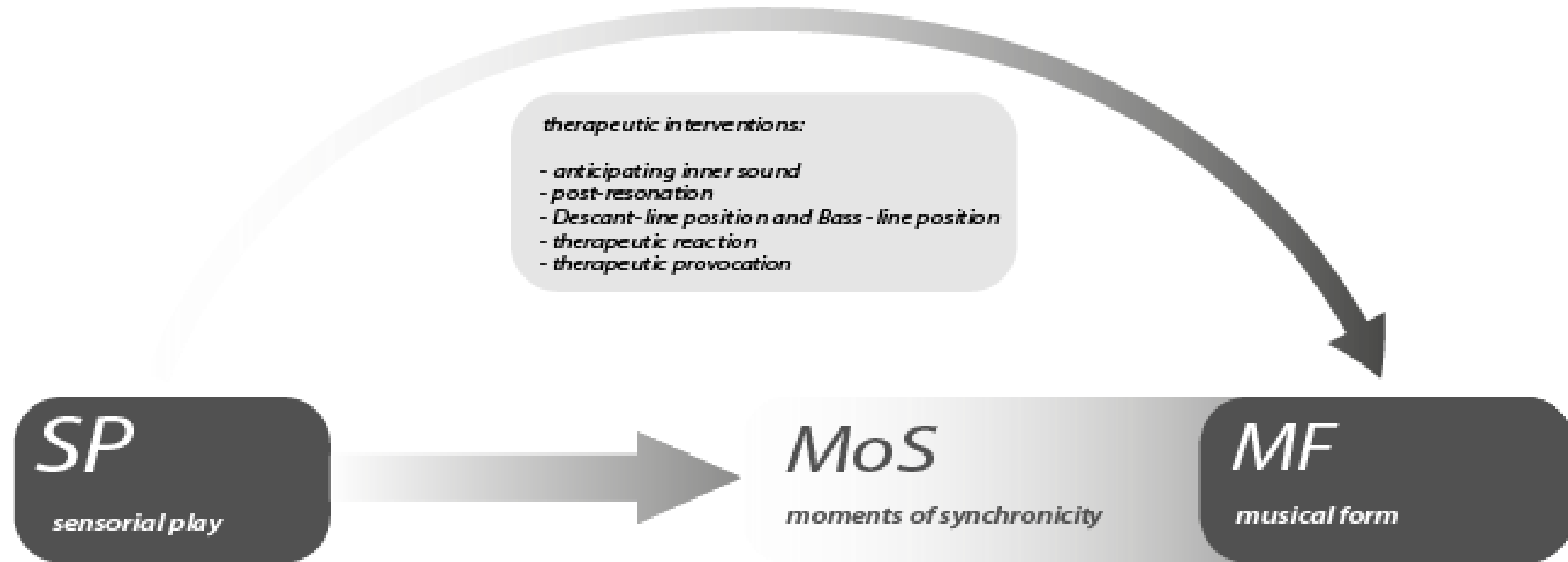


Interventie-ontwikkeling in Vlaanderen: synergie tussen onderzoek, onderwijs en klinische praktijk

Case studies en micro-analyse



Sensorial play to musical form

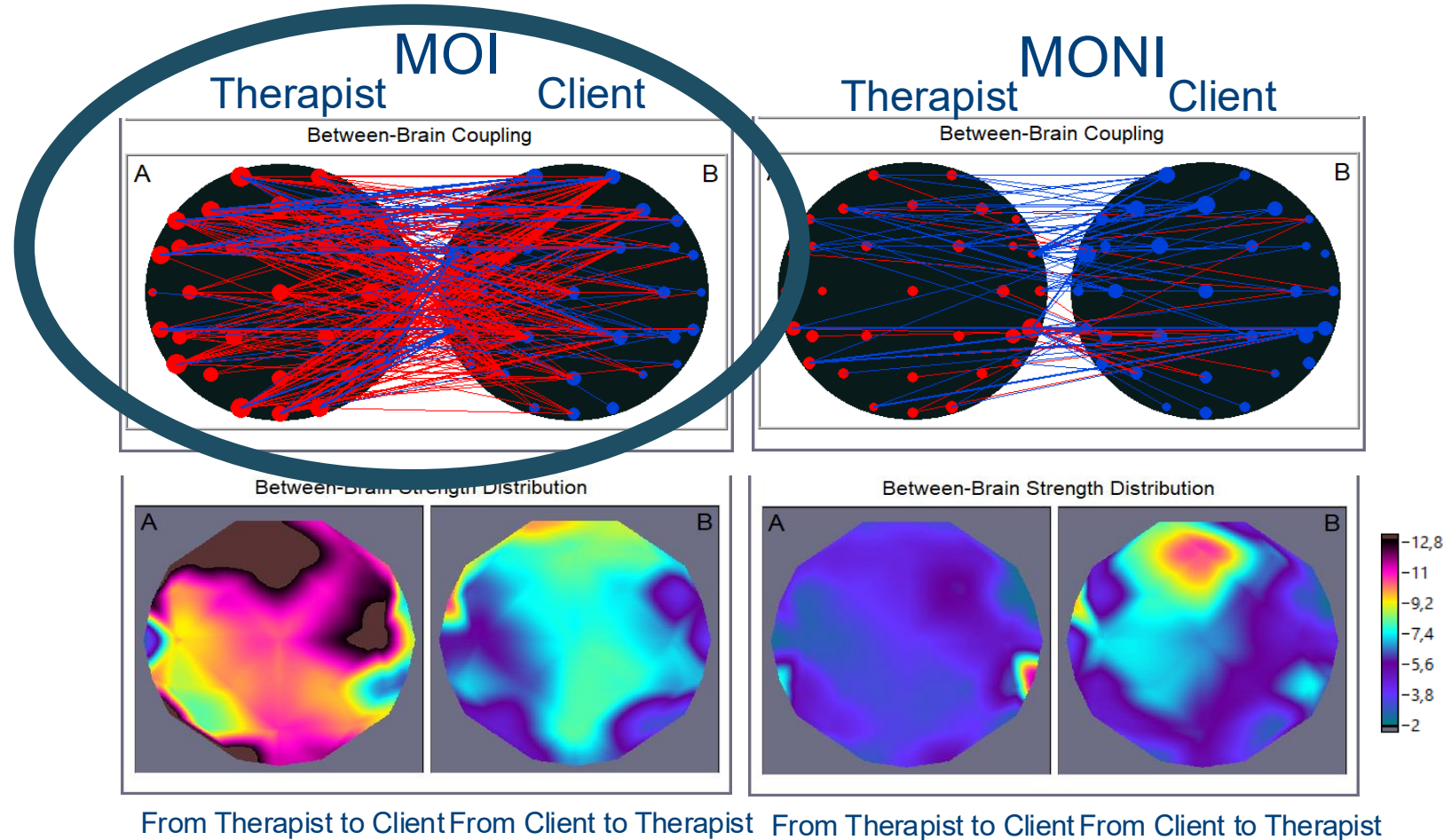


Variations on musical form



De Backer, J. (2008). Music and Psychosis. A Research Report Detailing the Transition from Sensorial Play to Musical Form. *The Nordic Journal of Music Therapy*, 17(2), 89-104.

Synchronisation: *Between-brain* coupling (2 Hz)



➔ Significantly increased between-brain coupling from the therapist to the client during MOI

➔ Results tentatively suggest that the therapist is more focused on the patient and the interaction, while the client is more focused on himself, especially during the MOI



Maidhof, C., Müller, V., Lartillot, O., Agres, K., Bloška, J., Asano, R., Odell-Miller, H., & Fachner, J. (2023). Intra- and inter-brain coupling and activity dynamics during improvisational music therapy with a person with dementia: An explorative EEG-hyperscanning single case study. *Frontiers in Psychology*, 14, 1155732. <https://doi.org/10.3389/fpsyg.2023.1155732>

Overzicht

Muziektherapie: opleiding en methodes

Impact muziektherapie

Interventie-ontwikkeling in muziektherapie

- Internationaal
- Vlaanderen

Nieuwe ontwikkelingen ism UPC KU Leuven

Universitair psychiatrisch centrum KU Leuven



15 muziektherapeuten
6 muziektherapielokalen

- kinderen
- adolescenten
- volwassenen
- ouderen

Nieuwe ontwikkelingen ism UPC KU Leuven

- Compositie +
- Muzikale assessment
- Behandelmodel muziektherapie en autisme

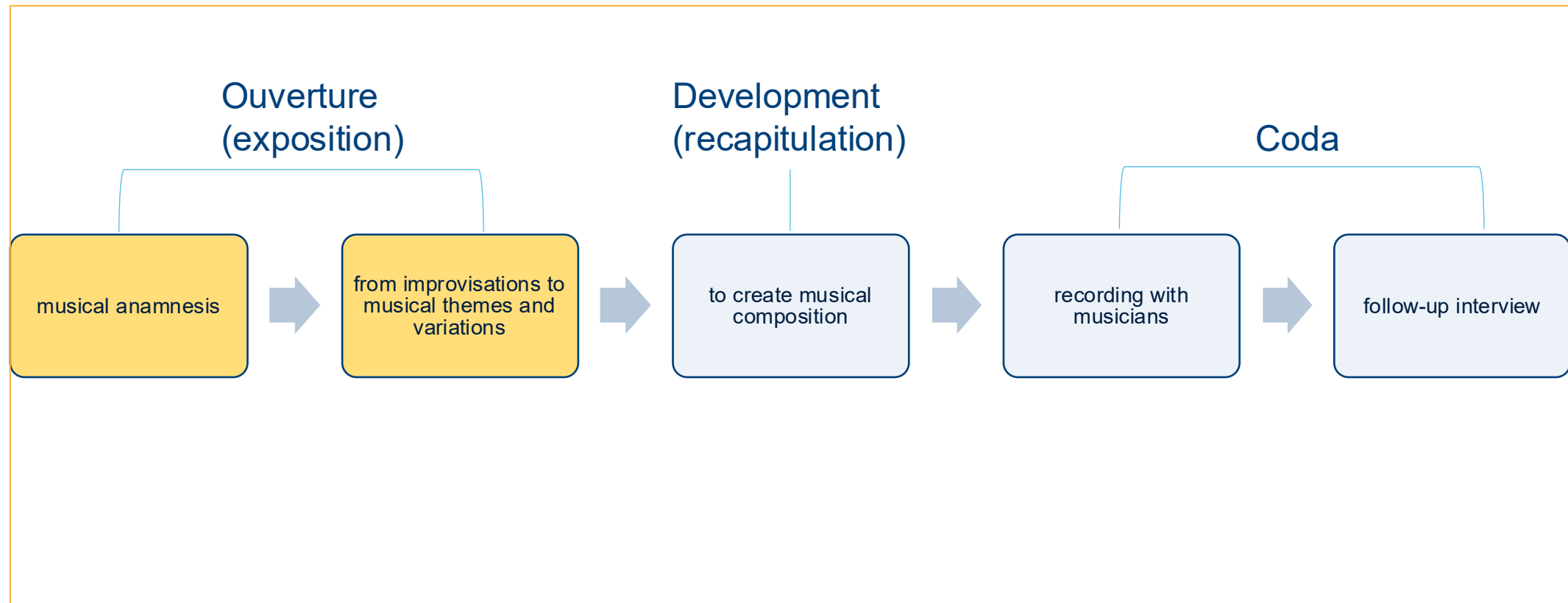
Compositie+



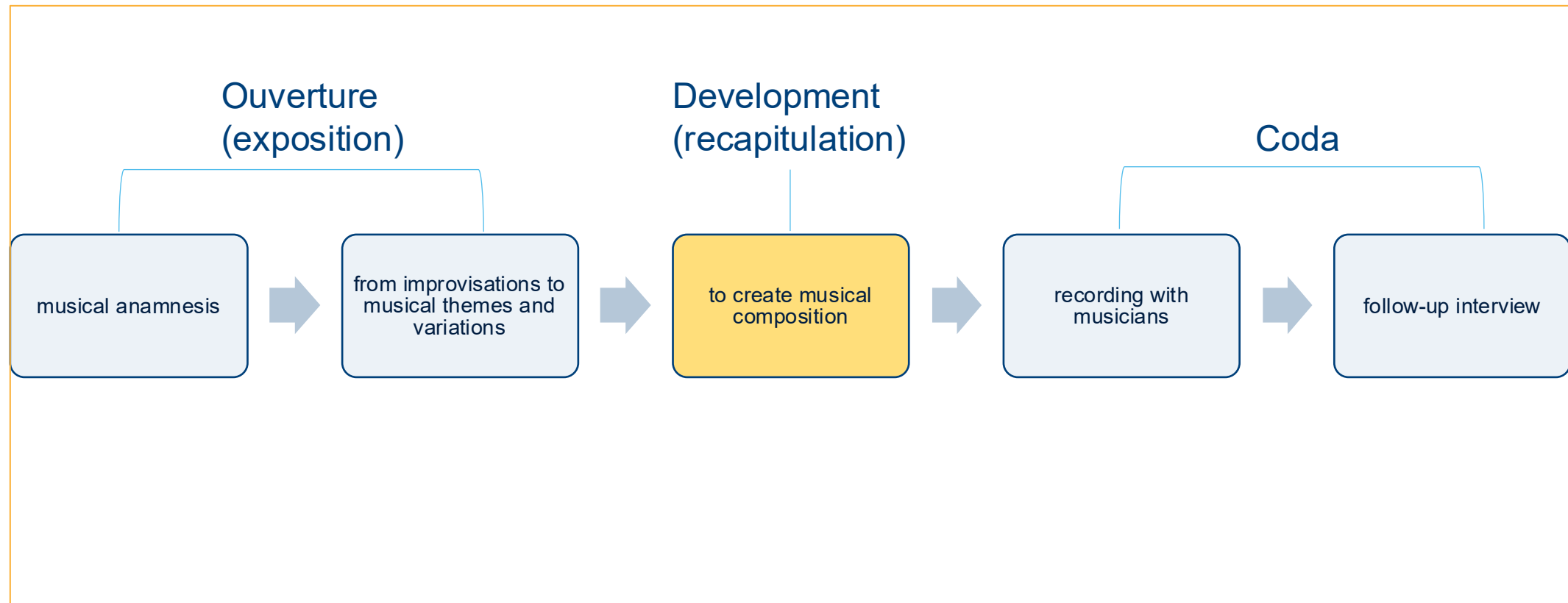
Compositie+: muziek als verbinding

Jongeren met een psychose voelen zich vaak alleen omdat zij hun ervaringen moeilijk kunnen delen met anderen. Tegelijk hebben ze de behoefte om hun bijzondere wereld vorm te geven in de creatie van beelden en klanken. Daarom werd binnen UPC KU Leuven, in samenwerking met LUCA School of Arts, de methode Composition+ ontwikkeld. Door zelf muziek te improviseren maken deze jongeren, samen met hun muziektherapeuten, een echte muzikale compositie. Dit creatieve proces zorgt voor diepe emotionele verbindingen.

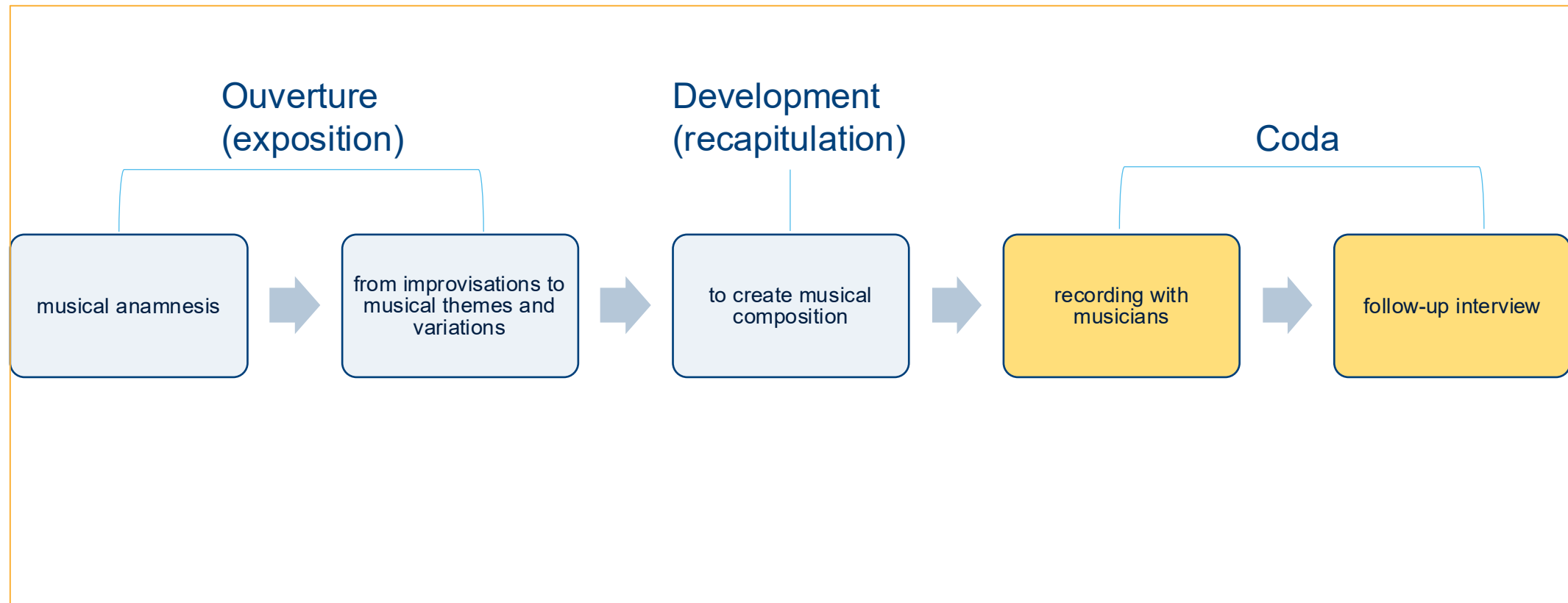
Method Composition+



Method Composition+



Method Composition+



Methode compositie+

Casus Dave (18 sessies)

Ouverture (expositie)

- Improvisatie → muzikaal thema: bass riff in bossanova stijl



- Ontwikkeling (doorwerking)
 - Uitwerking: luisteren, noteren, improviseren, en variëren
- Coda
 - Uitschrijven van de partituur en opname van compositie
 - Follow-up interview

16 [C]

1. SAX. Tpt. Tbn. PNO. PNO. BASS. CLV. QRO. CAS. LONGAS. DR.

Detailed description: This musical score shows measures 16, 17, and 18 of a piece. Measure 16 features a saxophone solo with a half note G4, a quarter note A4, and an eighth note G4. A rehearsal mark [C] is placed above the staff. The piano part has a half note G2, a quarter note A2, and an eighth note G2. The bass line consists of a half note G2, a quarter note A2, and an eighth note G2. The other instruments (Tpt., Tbn., PNO., BASS., CLV., QRO., CAS., LONGAS., DR.) are marked with rests. Measure 17 shows the saxophone playing a half note G4, a quarter note A4, and an eighth note G4. The piano part has a half note G2, a quarter note A2, and an eighth note G2. The bass line consists of a half note G2, a quarter note A2, and an eighth note G2. The other instruments are marked with rests. Measure 18 shows the saxophone playing a half note G4, a quarter note A4, and an eighth note G4. The piano part has a half note G2, a quarter note A2, and an eighth note G2. The bass line consists of a half note G2, a quarter note A2, and an eighth note G2. The other instruments are marked with rests.

♩=82

Accordion Piano

Detailed description: This musical score shows measures 1 and 2. The tempo is marked as ♩=82. The accordion part has a half note G4, a quarter note A4, and an eighth note G4. The piano part has a half note G2, a quarter note A2, and an eighth note G2. The piano part is marked with a piano (p) dynamic.

8

Accord. Pno.

Detailed description: This musical score shows measures 3 and 4. The accordion part has a half note G4, a quarter note A4, and an eighth note G4. The piano part has a half note G2, a quarter note A2, and an eighth note G2.

14 rit. pp

Accord. Pno.

Detailed description: This musical score shows measures 5 and 6. The tempo is marked as ♩=82. The accordion part has a half note G4, a quarter note A4, and an eighth note G4. The piano part has a half note G2, a quarter note A2, and an eighth note G2. The piano part is marked with a piano (pp) dynamic. The tempo is marked as rit. (ritardando).

2 20 ♩=154 [A]

Accord. Pno.

Detailed description: This musical score shows measures 7 and 8. The tempo is marked as ♩=154. The accordion part has a half note G4, a quarter note A4, and an eighth note G4. The piano part has a half note G2, a quarter note A2, and an eighth note G2. The piano part is marked with a piano (p) dynamic. The tempo is marked as rit. (ritardando). A rehearsal mark [A] is placed above the staff.

Casus Dave: muzikale outcome



Methode Compositie+

Casus Philippe (12 sessies)

- Ouverture (expositie)
 - Improvisatie → muzikaal thema vb. wals op accordeon
- Ontwikkeling (doorwerking)
 - Uitwerking: luisteren, noteren, improviseren, en variëren
- Coda
 - Uitschrijven van de partituur en opname van compositie
 - Follow-up interview



Casus Philippe: muzikale outcome



Therapeutische outcome

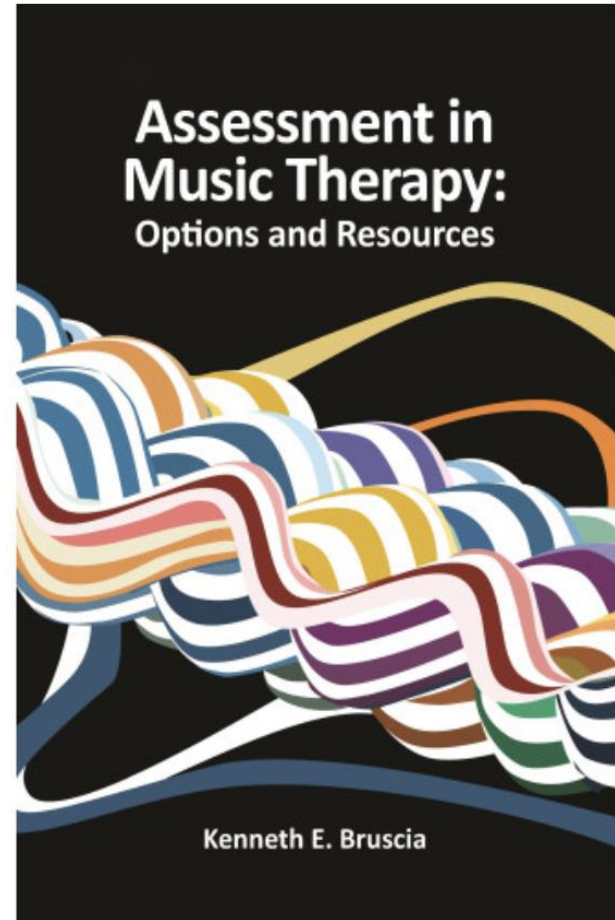
- Activeren van een therapeutisch proces
- Verminderen van sociaal isolement
- Bekrachten van het creatieve potentieel
- Bekrachten van agency (auteurschap)
- Verbeteren van psychosociaal welzijn



De Backer, J., Sebreghts, B., & Foubert, K. (2022). Composition Plus. A process-compositional approach in music therapy to empower creative potential. In *Journal of Urban Culture Research* (Vol. 25, pp. 161–175).

Nieuwe ontwikkelingen ism UPC KU Leuven

- Compositie +
- Muzikale assessment



Muzikale initiële assessment

- Eerste muzikale kennismaking tussen client en de muziektherapeut
- Therapeutische motivatie
- Samen bespreken van focus en behandelplan (vb. individuele of groepsessies)

Muzikale initële assessment

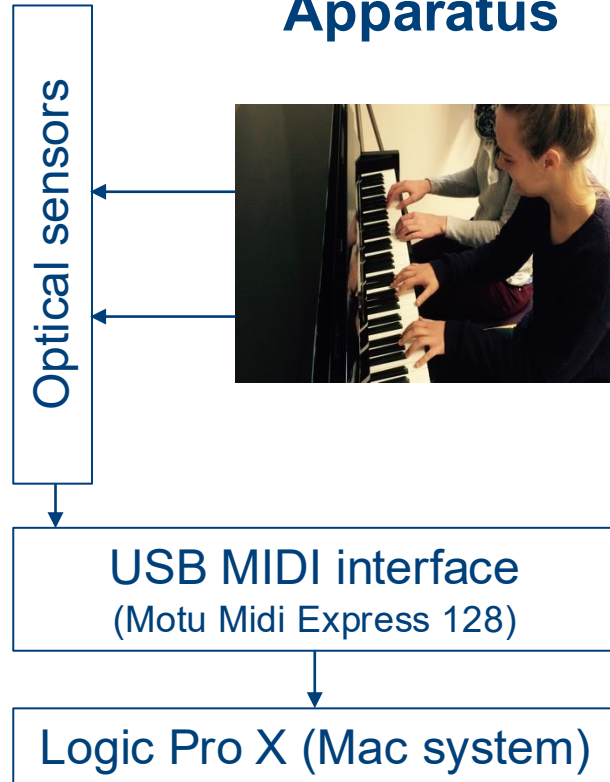
Therapeutische observatie

- **Co-creation of musical structure:** the participant's capacity to organize the musical interaction by co-creating structure and predictability through musical contours or textures, melodic phrases, and rhythmic patterns.
- **Variation and invention:** the participant's creative involvement, playfulness and autonomy, assessing how variations in the use of musical material emerge in response to improvisational dynamic interactions.
- **Response to interactional modalities:** the participant's sensitivities across interactional modalities among attuned and non-attuned, leading and following interactions.

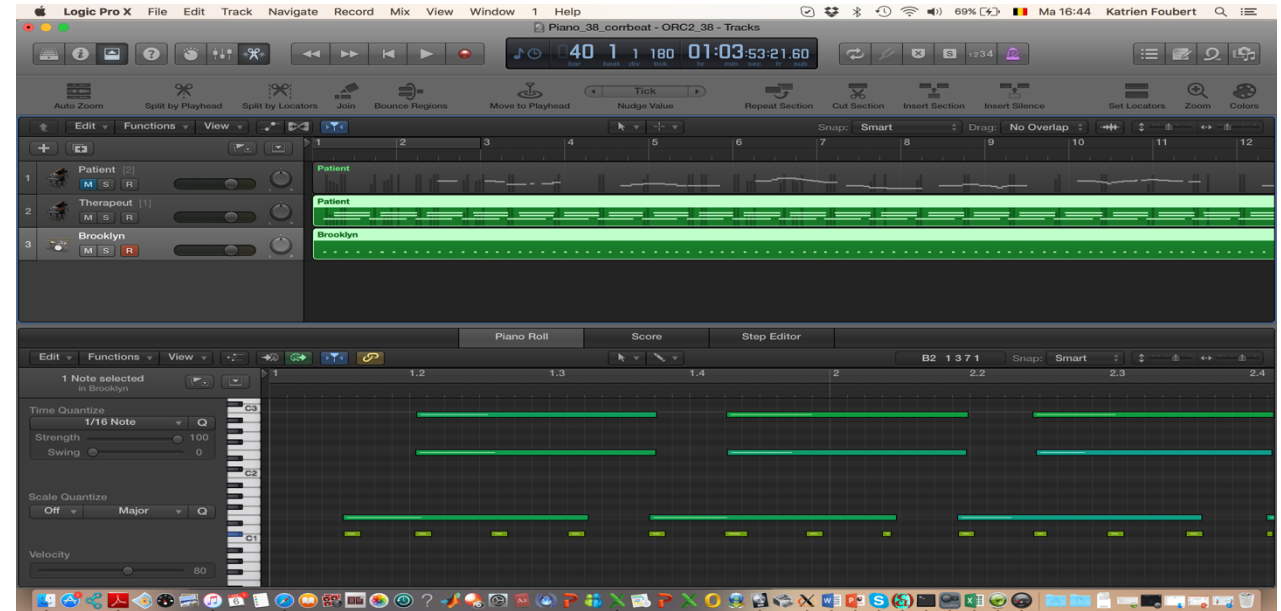


Foubert, K., Van der Donck, S., Sebreghts, B., Waelput, S., De Vriendt, N., & De Backer, J. (2026). Evaluating a Group-Based Music Therapy Program with Autistic Adults: A Nested Multiple-Case Mixed Methods Study.

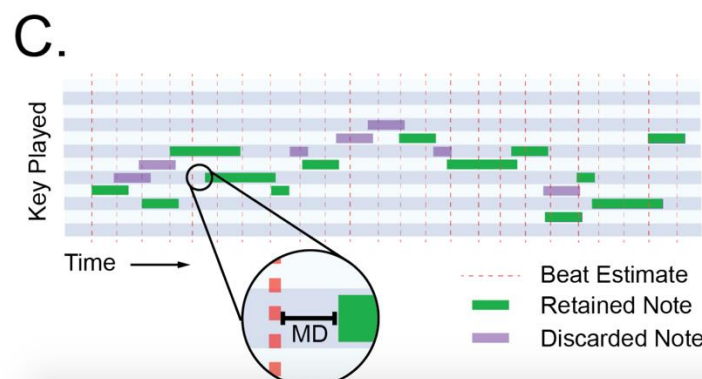
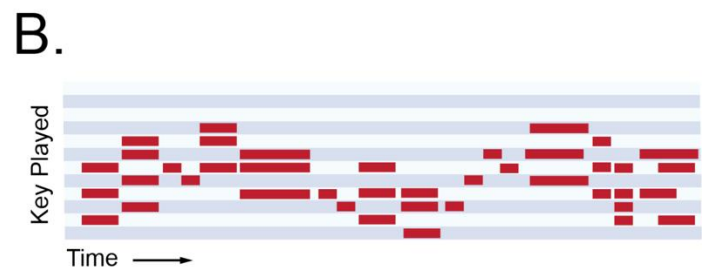
Apparatus



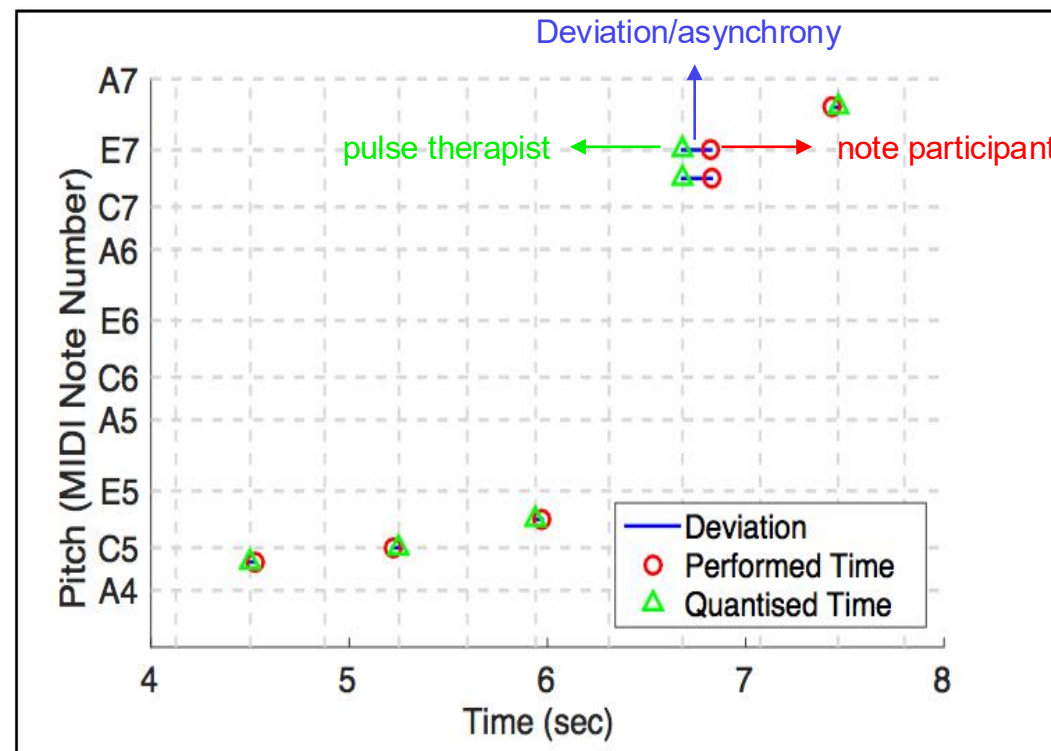
Manual beattrack



Computational analyse

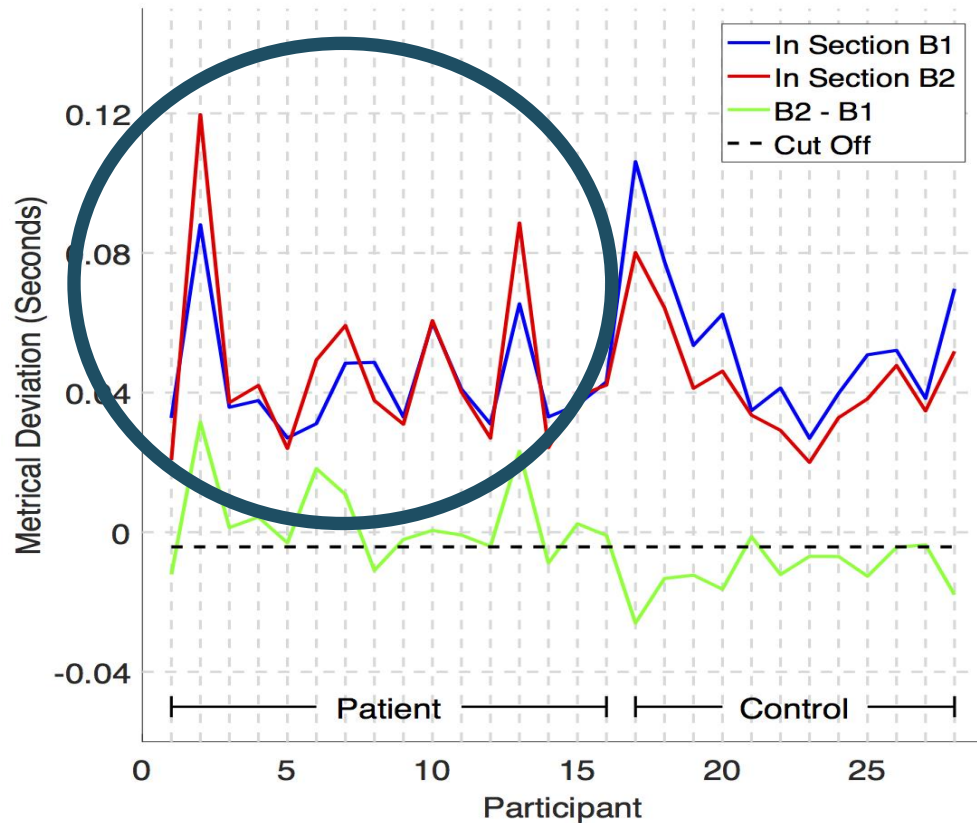


Timing deviations - asynchronies



Interpersoonlijke synchronisatie

Persoonlijkheidsstoornissen



Interpersoonlijke dynamieken in
muzikaal synchroniseren
~ associatie gehechtheidsstijl



Foubert, K., Collins, T., De Backer, J. (2017). Impaired maintenance of interpersonal synchronization in musical improvisations of patients with borderline personality disorder. *Frontiers in Psychology*. 8:537.

Evalueren therapeutisch proces

Muziektherapie bij depressie

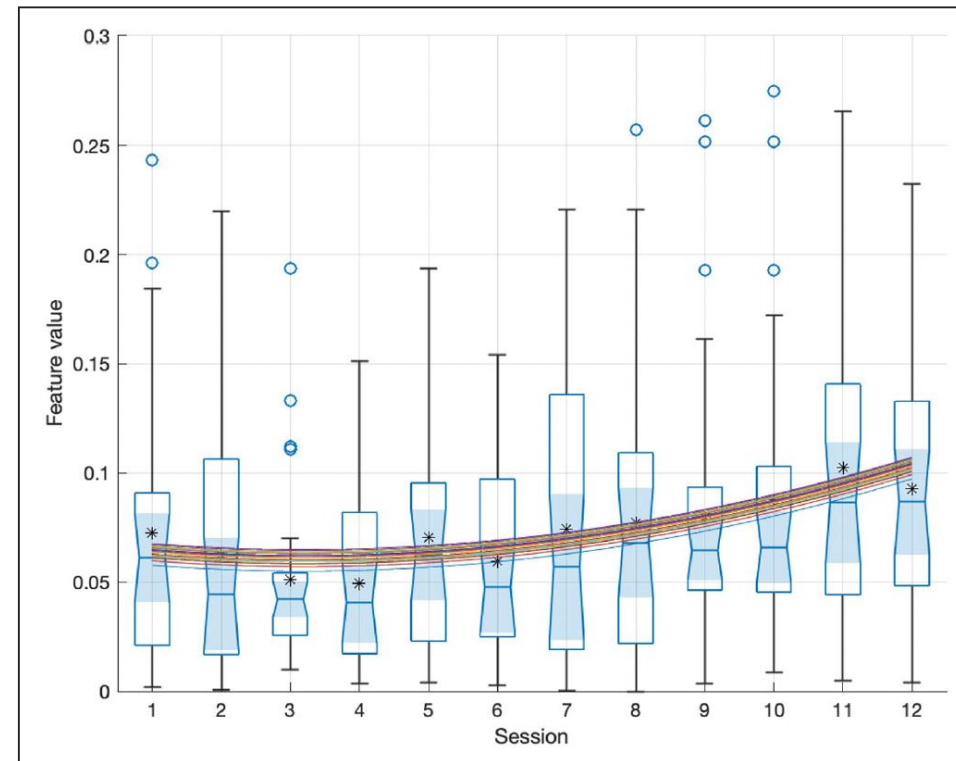


Figure 3. Distribution, for Each Session, of Beat Clarity Dissimilarity Across Sessions for RFBYes. A Random Intercept Quadratic Mixed-Effects Estimation Is Plotted Through the Data.



Hartmann, M., Mavrolampados, A., Toiviainen, P., Saarikallio, S., Foubert, K., Brabant, O., Snape, N., Ala-Ruona, E., Gold, C., & Erkkilä, J. (2022). Musical interaction in music therapy for depression treatment. *Psychology of Music*, 51(1), 33-50.

Nieuwe ontwikkelingen ism UPC KU Leuven

- Compositie +
- Muzikale assessment
- Behandelmodel muziektherapie en autisme

Muziektherapie en autisme

**Groepsgebaseerde muzikale improvisatie bij
autistische volwassenen**



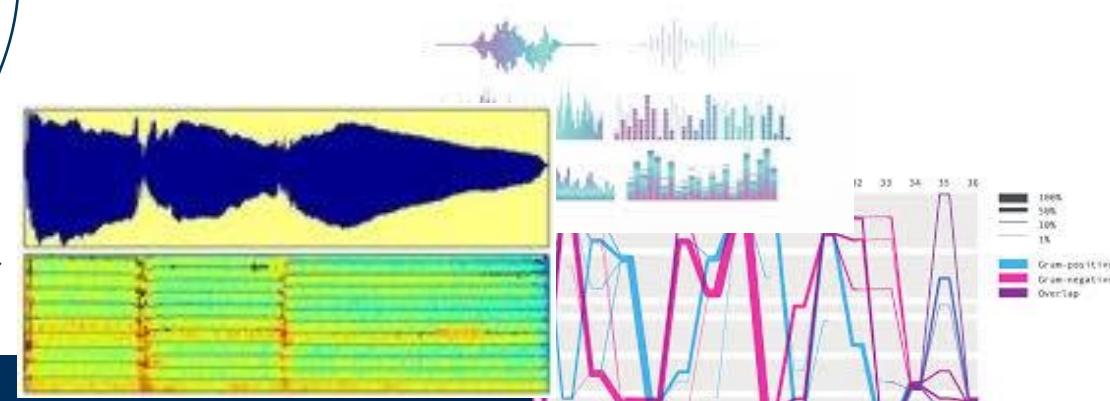
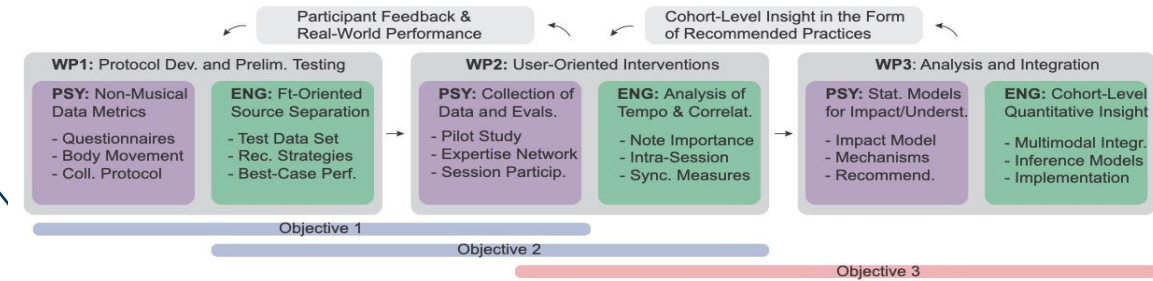
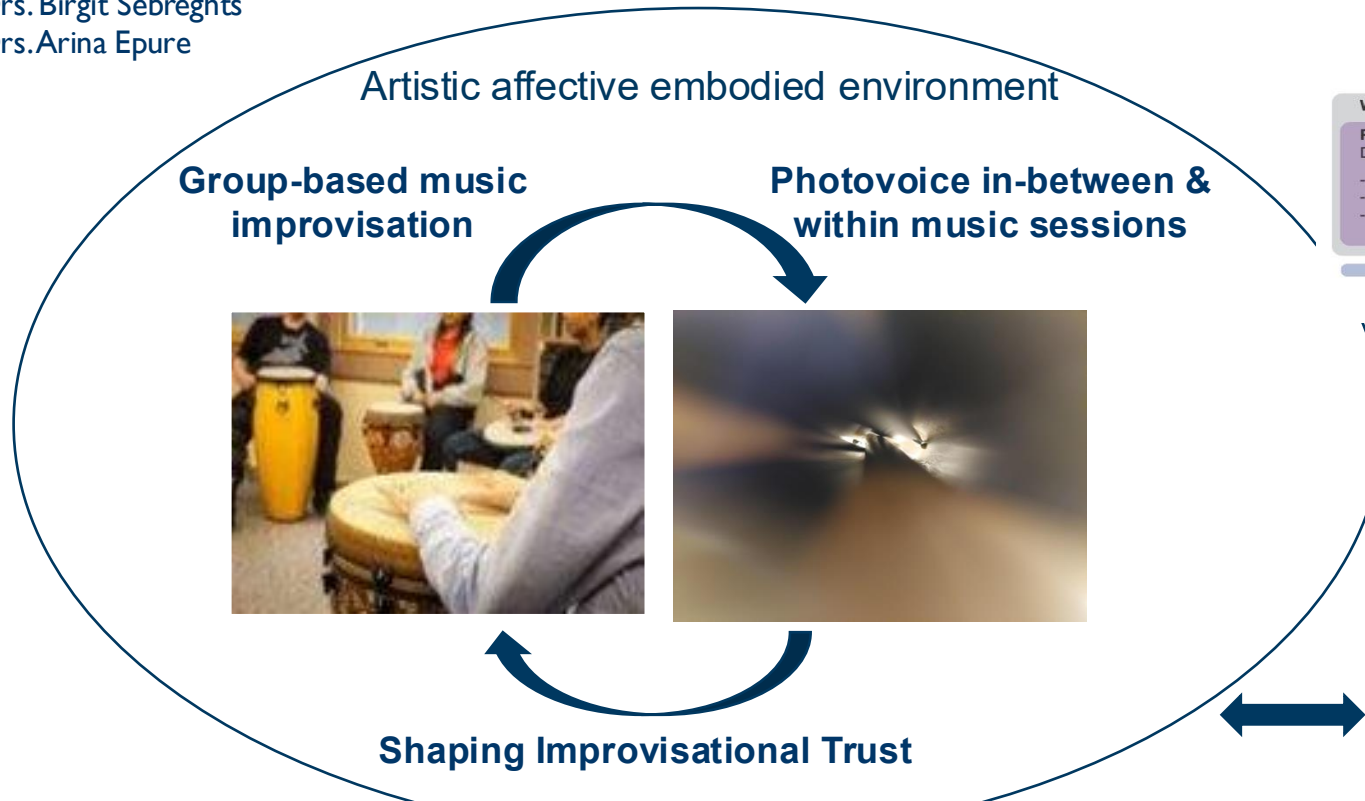
UNMUTED

Understanding the facilitation of group-based music improvisation in adults with Autism Spectrum Disorder

INTERDISCIPLINARY FWO PROJECT UNMUTED 2021-2025 - 450,000 €

Prof. Dr. Jos De Backer
 Prof Dr. Katrien Foubert
 Prof Dr. Toon van Waterschoot
 Dr. Jared Houghtaling
 Drs. Birgit Sebreghs
 Drs. Arina Epure

Objective 1 Development of an artistic multidisciplinary intervention model
 Objective 2 Development of measurements for music-based group dynamics
 Objective 3 Understand mechanisms of change in group-based music impro



Geassocieerde Faculteit Kunsten, Onderzoeksgroep Muziektherapie

UNMUTED

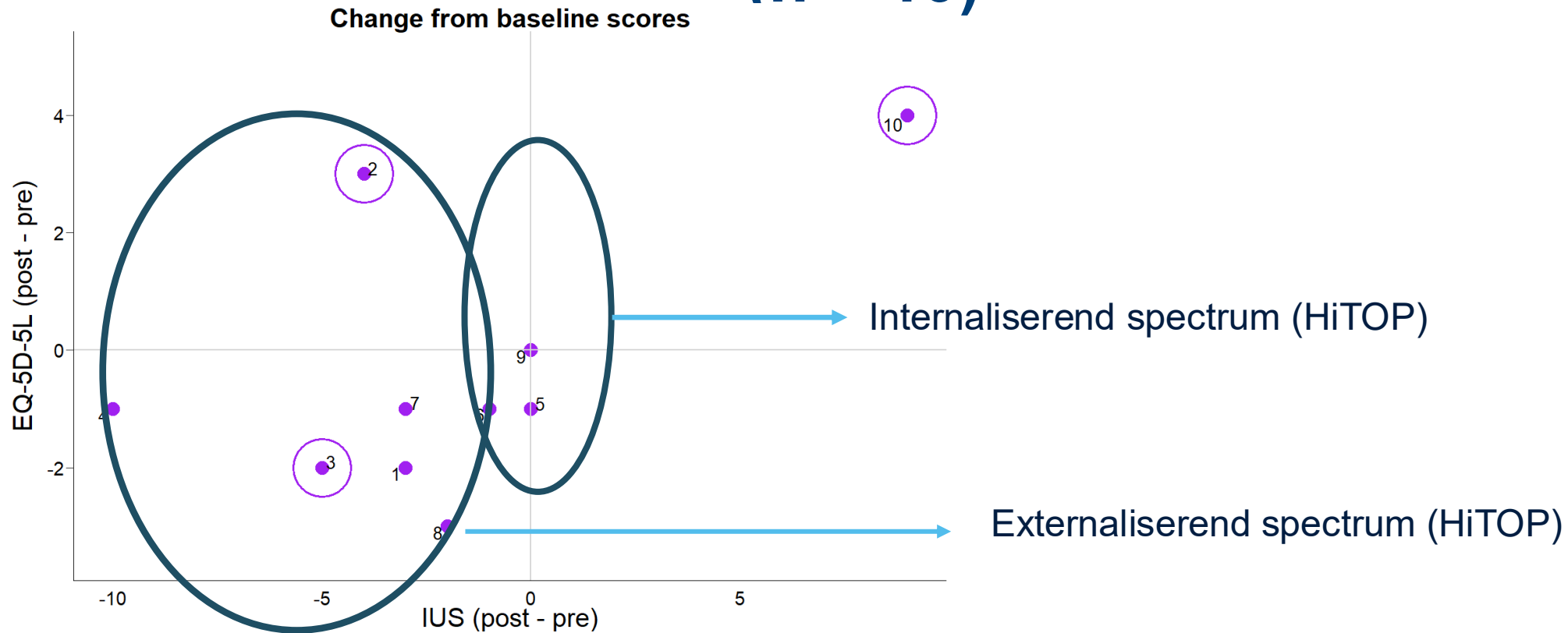
Groepsgebaseerde muziektherapie & improvisatie

- Duur: 12 sessies
- **Volwassenen** met een normaal IQ en een diagnose van autisme
- Focus op **sociaal-creatieve processen** (in plaats van symptoomreductie), **creatieve betrokkenheid & improvisational trust** (Foubert, Gill, & De Backer, 2021)

Tolerance of uncertainty

2024 – 2025

(n = 10)



Foubert, K., Van der Donck, S., Sebreghts, B., Waelput, S., De Vriendt, N., & De Backer, J. (2026). Evaluating a Group-Based Music Therapy Program with Autistic Adults: A Nested Multiple-Case Mixed Methods Study.

Onderzoeksteam & partners



Prof. Jos De Backer
Music therapist



Prof. Katrien Foubert
Music therapist



Prof. Toon van Waterschoot
Audio engineer



Nele De Vriendt, md
Psychiatrist



Anke Coomans, phd
Music therapist



Jared Houghtaling, phd
Audio engineer



Thomas Dietze, phd
Audio engineer



Birgit Sebreghs, phd.c
Psychotherapist



Arina Epura, phd.c
Audio engineer

http://unmuted.site



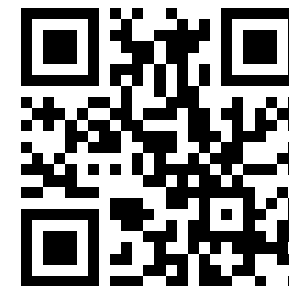
UNMUTED Home Team Nieuws FAQ Contact

Deelnemen aan het Project

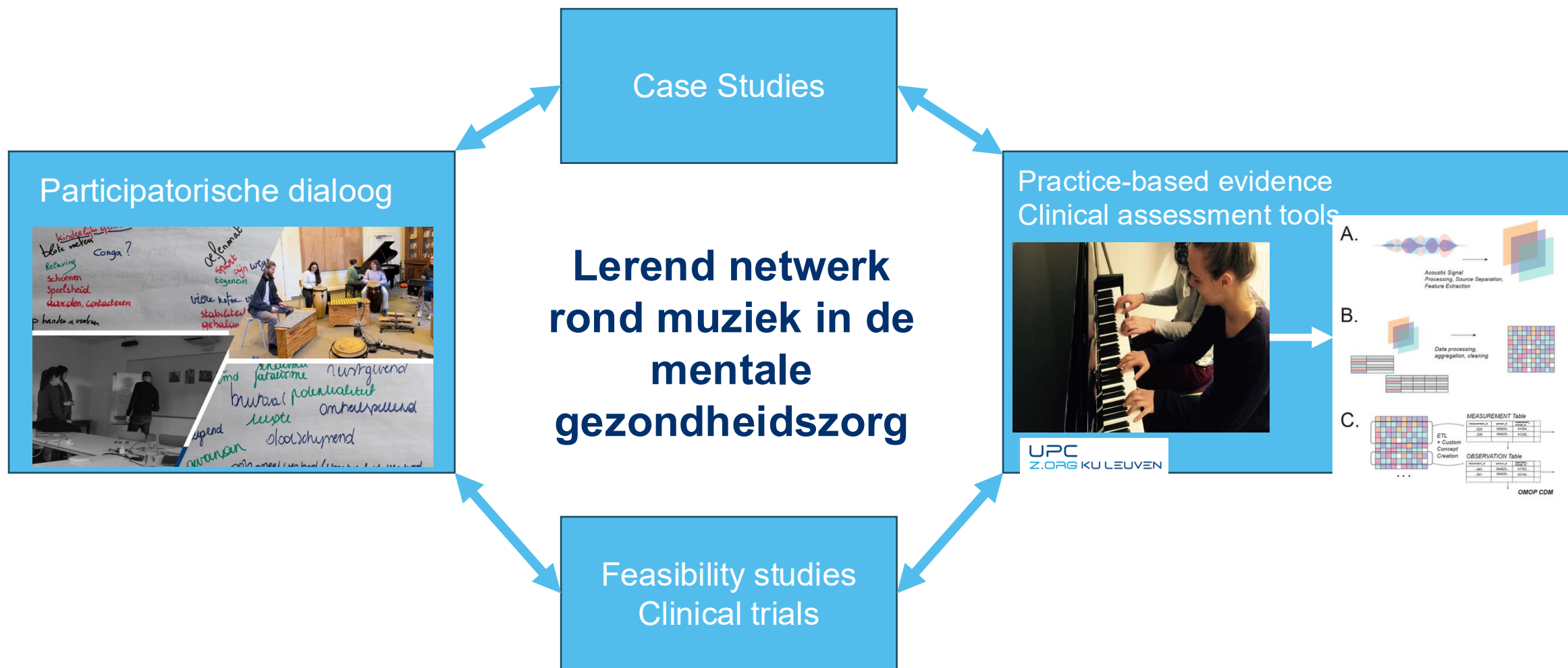
OVER UNMUTED

UNMUTED is een project dat zich richt tot normaal begaafde **autistische volwassenen**. In dit project bieden we een muziektherapeutisch behandelkader aan voor het bevorderen van positieve groei en het bekrachtigen van de eigen creatieve resources.

UNMUTED kadert binnen een **interdisciplinaire onderzoekssamenwerking** tussen LUCA School of Arts (onderzoeksgroep Muziektherapie), UPC KU Leuven en KU Leuven (centrum voor Dynamische Systemen, Signaalverwerking en Gegevensanalyse) en bestaat uit een expertenteam van ervaren onderzoekers en therapeuten. De studie wordt gefinancierd door het Fonds voor Wetenschappelijk onderzoek (FWO).



Onderzoeksgroep – Missie



Systeemgebaseerde muziektherapie



Broers en zussen

- Adolescenten met een verstandelijke beperking en hun broers en zussen
- Buitengewoon onderwijs
- Dra. Leen Adam



Ouder-kinddyades

- Ouder-kinddyades (0-3 jaar)
- Kortdurende psychiatrische dagbehandeling
- Dra. Fanny Bauwens



Systeemgebaseerde muziektherapie

Mantelzorgers

- Persons with dementia and family caregivers
- Transcultural perspectives
- Dementia care in Thailand
- Dra Parima Sithi-Amnuai (Prim)



Groepsgebaseerde muziektherapie

Zeldzame en/of levenslange medische ziekte

- Adolescenten met een zeldzame en/of levenslange medische ziekte
- Semi-ambulante medische zorg
- Dra. Lise Timmermans



Autisme

- Autistische volwassenen
- Ambulante zorg
- Neuro-affirmatieve benadering
- Dra. Birgit Sebreghs



Dank voor jullie aandacht

Meer informatie:

Onderzoeksgroep Muziektherapie LUCA-KU Leuven

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