

**« Creativity
is contagious.
Pass it on. »**

Albert Einstein



Picture: Valérie Jaquet, KISPI Zürich

New in the Children's Hospital Zurich: Music therapy

For the past several months, Rachel Gotsmann has been working in the Children's Hospital as a music therapist. The trained singer and mother of three children provides care to seriously ill premature and new-born babies in the intensive care station and the neonatology department. Her most important instrument is her voice. It has been proven that the little patients, who are

exposed to powerful external stimuli in these surroundings, respond well to this gentle therapy. Rachel Gotsmann starts off by humming, and then builds up a connection with the baby by picking up the rhythm of its breathing. She can follow on the monitor how the heart rhythm calms down, how the breathing becomes deeper, so that more oxygen is absorbed. This harmonious interaction enables the child to sense himself and his breathing better and to regulate it himself. The most important therapy goal of reducing stress and building up energy is thus achieved and this effect continues even after the therapy. The therapist also works with the parents, whose voices are extremely important in this exceptional situation in building up a sustainable relationship and actively contributing to the child's convalescence.

Breaking through the silence

Since 2011, music and art therapist Antonio Esperti has been working at the adolescent psychiatric unit at the University Hospital of Lausanne with adolescents who suffer with psychological disorders. He is additionally occupied with the topic of autism, a serious disorder, which is the subject of his latest project. Autism already occurs at the earliest age of the child and cannot be healed, although the symptoms can be appreciably improved. Early and targeted music therapy reactivates hitherto unused channels and communication capabilities of these patients. Stress, auto- and hetero-aggressive behaviour are reduced or even dissipated. Self-esteem, concentration and compassion are improved and thus



the bonding capability and general social behaviour. In short: the quality of life of the persons affected and their surroundings is significantly improved. The target of long-term provision of music therapy for little children is to enable as many as possible to have a nearly normal life when growing up. It is also to be accompanied with a scientific study.

A success story



In 2008 I founded the Art-Therapie Foundation together with six hospitals - a short while ago the University Hospital in Basel became the twelfth to join us.

Our foundation is today a pioneer and leader in the area of employing creative methods as therapies. Many studies substantiate the beneficial healing effect for children and adolescents. The development of premature and new-born babies, too, is sustainably enhanced by music therapy. Professional circles are convinced and we continually receive request from hospitals for support.

Well-known patrons and private donors place their trust in us, and they have all helped to write the success story of art therapy for sick children in hospital. We are dedicated to the recovery and well-being of sick children. That is why we are always striving to raise funds for this non-invasive and valuable therapy.

My heartfelt thanks to all who help us.

Charlotte Leber,
Founder and Vice-President
of the Art Therapie Foundation

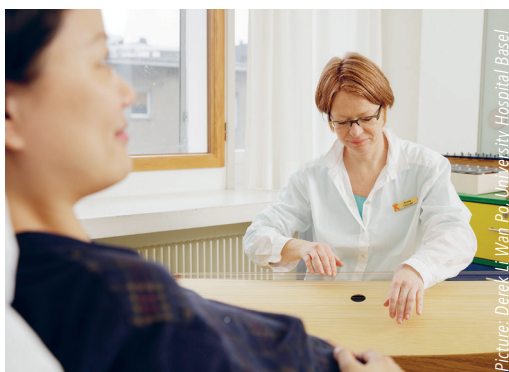
Online in four languages

The Foundation's website has been completely revised and updated. Here you will find - in four languages - information about the Foundation, the affiliated hospitals, the different forms of therapy, and an instructive short documentary film. We would appreciate your comments and suggestions. www.arttherapie.org

Cross-hospital engagement: Music therapy for mother and child

Music therapist Monika Esslinger, who is working at the University Children's Hospital of Basel, also provides care for pregnant women at risk at the University Hospital Basel.

This cross-hospital activity and intervention at the earliest possible time is ideal. Senior ward nurse Anette Wetzel-Schwöble is convinced of the beneficial effect of music therapy: «The patients very much look forward to the therapist's visits, and she demonstrates great empathy. They feel well afterwards, are relaxed and at one with themselves and their child. These moments are very important.»



Picture: Derek Li Wan Po, University Hospital Basel

After the birth, premature and new-born babies often lie for several weeks in the neonatology department in the children's Hospital, where the therapy can be continued without interruption. The gentle sounds and tones, humming and singing all contribute to stress relief and promote the bonding that was impeded by the separation from the mother. Often the therapist compiles a lullaby with the mother or parents for the child, according to their taste for music. The draft may well be a rock song, actually every refrain is suitable for modification, according to the therapist. Mutual bonding is enhanced by singing such personalised songs, which conveys security to the child and also the parents become calmer.

Better quality of life



The first multicentre trial in Switzerland on the efficacy of art therapy with overweight adolescents shows convincing results. It was carried out at the same time in three affiliated hospitals (Geneva, Lugano, and Winterthur) and financed by the Fondation Alta Mane. The perception of one's body, self-esteem, eating and social conduct all significantly improved

and thus the quality of life of those affected by obesity. A questionnaire after six months revealed that this effect still persisted even then.

Today more than 40 percent of the population and 21 percent of adolescents suffer from overweight or obesity (adipositas). Insecurity, lack of self-esteem, fear of the future, but also the feeling of not being loved, are frequent features that one meets in these adolescents. Art therapy uses the creative potential and opens up new possibilities for the affected person to communicate.

Publication on: www.etp-journal.org/fr/

Simply doing good

With your donation you make gentle and effective therapies possible for children, new-born babies and adolescents in twelve Swiss hospitals. Particularly children experience a stay in hospital as painful and frightening. Painting, modelling, music and body language help them to express themselves, gather strength and assist the healing process.

It is quite simple:

You are doing long-lasting good with the payment slip, on-line banking or also with Paypal. Your donation to our charitable foundation is tax-deductible. In order to keep administrative costs low, thanks will only be expressed in writing for donations of 50 francs and more.

When children step out of line

The editor of this Beobachter guidebook for parents, laypeople and therapists is Dr. Kurt Albermann, Senior Consultant at the Social-Paediatric Centre of the Cantonal Hospital in Winterthur and foundation board member of the Art Therapie Foundation. The contributions from more than 40 authors give a competent overview of psychological development disorders of children and adolescents, and of the diverse options for treatment as well as information centres in Switzerland. Please order from the Beobachter Publishing Company.



Art therapy meeting

Art therapists from a wide range of disciplines meet every year, for the tenth time now. **The 10th Swiss Art-Therapy Symposium** on November 4th in Bern addresses the subject «Autism spectrum disorders and art therapy». The kick-off for this is a symposium on November 3rd on the subject «Tools for Art Therapeutic Reflection». Info's: www.kskv-casat.ch



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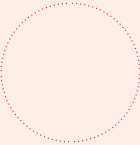
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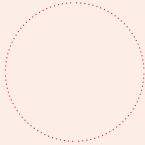
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