



Special issue

**Music therapy in Europe:
Paths of professional development**

in partnership with the
European Music Therapy Confederation



POLAND

Country report on professional recognition of music therapy

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HISTORY AND BACKGROUND

The year 2012 marked the 40th anniversary of the establishment of Poland's first Music Therapy Department at the State High School of Music in Wrocław (now the Karol Lipiński Academy of Music in Wrocław, www.amuz.wroc.pl). For nearly a quarter of a century Wrocław University was the only place in Poland providing music therapy studies and research. Scientific, educational and organisational activities of employees and associates of the Department of Music Therapy enabled the department to develop effective methods of training for music therapists and thus represented the foundation of music therapy in Poland. Innovative developments of pioneers such as Tadeusz Natanson and Andrzej Janicki were important not only in the local area, but also had an impact on the level of expertise and music therapy practice across Poland.

The Music Academy in Wrocław was the first centre of music therapy in Poland. Here, in 1996, the Association of Polish Music Therapists (SMP) was founded. The SMP collaborates closely with the Music Therapy Department of the Music Academy in Wrocław in areas of teaching and research. The result of this collaboration was, amongst other things, the quarterly publication (between 2002 and 2003) of the academic journal *Polish Music Therapy*.

RECOGNITION AND APPROVAL

The SMP, with its headquarters at the Music Academy in Wrocław, represents the interests of the majority of Polish music therapists of various orientations, streams, and fields of activity. It has 100 members who are professional music therapists. Current objectives include: confirming standards for the music therapy profession in Poland; establishing a bill concerning the profession of music therapy; and, working on a music therapy

certificate system for professional music therapists. There are two music therapy associations in Poland:

- the Association of Polish Music Therapists (SMP) (President: Agnieszka Szymajda)
- the Polish Music Therapists' Association (PSMT) in Lublin (President: Krzysztof Stachyra)

The PSMT is a member of the World Federation of Music Therapists (WFMT) and Poland is represented in the WFMT Commission on Education and Training. Krzysztof Stachyra has served as a European commissioner since 2011. The PSMT has developed new and important regulations for music therapy in Poland: a code of ethics for music therapists and Certification of Music Therapists.

Since 2009 the journal *Therapy Through Arts* has been published which is the result of a collaboration between the PSMT and the Polish Association of Therapy Through Arts.

IMPORTANT STEPS IN THE RECOGNITION PROCESS

In Poland there are bachelor and master degrees; these include postgraduate studies in music therapy at the Music Academy in Wrocław, bachelor studies in Łódź, Katowice and postgraduate courses in Kraków and Lublin. There are two music therapy training programmes structured according to the requirements of the WFMT Commission on Education and Training: at the Music Academy in Katowice and Maria Curie-Skłodowska University in Lublin. In May 2009, the SMP Board appointed the National Council, which will be responsible for the bill concerning the music therapy profession and will present this bill at the Ministry of Labour. The members of the council below represent academic music therapy centres in Poland:

- Helen Casarz (Director of postgraduate music therapy courses in the Music Academy in Wrocław);
- Paweł Cylulko (The Music Academy in Wrocław);
- Elżbieta Galińska (Institute of Psychiatry and Neurology in Warsaw);
- Andrzej Janicki (Honorary SMP President);
- Andrea Jaworska (The Maria Curie-Skłodowska University in Lublin);
- Sławomir Kaczorowski (The Music Academy in Łódź);
- Maciej Kierył (Children's Health Centre in Warsaw Centrum Zdrowia Dziecka in Warsaw);
- Ewa Klimas-Kuchtowa (Director of postgraduate music therapy courses in the Music Academy in Krakow);
- Kinga Lewandowska (University Gdańsk)
- Wojciech Pospiech (Director of the Music Therapy Department of the Music Academy in Bydgoszcz and Nicolaus Copernicus University in Toruń);

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- ❑ Sławomir Sidorowicz (The Music Academy in Wrocław).

Draft legislation regarding music therapy was published in 2011; this draft is due to be presented in parliament and will then hopefully be approved (see: http://muzykoterapiapolska.home.pl/wordpress/?page_id=159).

The PSMT National Certification Board in Lublin began the process of certification in 2013. The system established by the PSMT was presented at the World Music Therapy Congress in Vienna/Krems 2014 in the form of a poster and won the best poster award.

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SELECTED LINKS

- ❑ Association of Polish Music Therapists (SMP): www.muzykoterapiapolska.pl
- ❑ EMTC country information: <http://emtc-eu.com/country-reports/poland/>
- ❑ Polish Association for Therapy through Arts "Kajros" (PSTS): www.kajros.pl
- ❑ Polish Music Therapists' Association (PSMT): www.arteterapia.pl

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