Demographics
In Italy, music therapy is very complex. There is no official recognition from the government, and therefore, there is a lack of investment by and for public and private institutions. Many music therapy associations and registries with different policies and approaches have been formed; however, they often disagree among themselves. This has caused a further dispersion of resources and professionals. For example, currently in Italy there are dozens of associations and more than thirty different schools offering courses in music therapy, some of them gathered in federations. In this complex situation, it’s impossible to determine how many music therapists are working in Italy, as well as specialties they may have.

Background Information
The two most important Italian federations of music therapy are CONFIAM and FIM. Other schools and associations are often located inside conservatories or university faculties and recognized by regional departments. The main federations are approved by the Italian ministry, but there is not a national definition or a state law that regulates music therapy.

Common Approaches
The main theoretical and methodological approaches range from Benenzon’s model to Nordoff and Robbins’ Creative Music Therapy. Humanistic psychology and music didactics such as Orff and Kodaly are widely used, too. In most cases, the approach used depends on the schools and/or associations the music therapist has chosen or to which he/she belongs.

However, there are a wide variety of music therapy projects and research which is being funded.
This is stimulating continued dialogue, acknowledgement and quality development with the institutions. The future of music therapy in Italy will hopefully be influenced by the growing confidence in the profession.

Prominent Publications


About the Author

Claudio Cominardi is a graduate of the APIM-CONFIAM school of Turin. He lives and works in Brescia, Northern Italy. His work mainly revolves around children, researching new forms of musical and analogical languages aimed at intercultural integration, attention and hyperactive disorders. He is a trainer of early childhood educators and school teachers at numerous institutions and schools.

Contact: c.cominardi@tiscalinet.it