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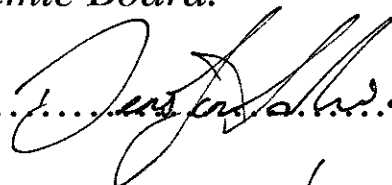
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**A Cultural Approach to Music Therapy in New Zealand: a Māori
Perspective.**

A dissertation presented in partial fulfilment of the requirements for the degree of

Master of Music Therapy

at Massey University, NZ School of Music,
Wellington, New Zealand.

Dennis Jon Kahui

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Abstract

The main theme of this study is to form a culturally appropriate approach to music therapy concepts from a Māori perspective that could be inclusive and accommodate both Māori and Tauwi (non-Māori) Rangatahi (adolescents) in health care settings. In order to provide a descriptive account of the holistic aspects of introducing Māori musical concepts in a music therapy setting a qualitative design was employed. The study draws on my personal journal entries, an interview with Kaumātua (Māori respected elders) regarding the appropriateness of introducing and altering traditional Māori musicality to accommodate the patient's needs and a case study involving the Haka as a music therapy intervention strategy with a young Māori patient diagnosed with schizophrenia.

My findings show that as a music therapist consultation with Kaumātua regarding anything related to Māori cultural aspects was essential. I also found that when working with a Māori Rangatahi who is immersed in Māori culture, it created an atmosphere of containment, familiarity, enjoyment, engagement and an environment that facilitated the achievement of therapeutic goals. Te Whare Tapa Whā Māori mental health model is well suited as a music therapy assessment tool to the characteristics of the physical, emotional, spiritual and family context of the Haka.

I also found that Tauwi music therapists wishing to introduce cultural elements must first learn about Māori culture and the people in order to confidently understand the music. Tauwi Rangatahi may also benefit from the introduction of Māori musicality as a therapeutic means by being an inclusive member of the community and the positive psychological effects. For example, Rangatahi benefited from learning the proper pronunciation and meaning of the Haka, which in turn gave them a sense of achievement. I also found that some Māori protocols fit well with the protocols of music therapy, such as the beginning and endings with a hello and goodbye song.

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