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He oro hauora: How do kaupapa Māori models of health relate to my music therapy practice in an adolescent acute mental health unit?

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Abstract:

This project explores the relationship between understandings of health within kaupapa Māori frameworks and music therapy with a particular focus on Durie's *Te Whare Tapa Whā* (1998), Pere's *Te Wheke* (1991) and ecological perspectives in music therapy. This research took place within an acute adolescent mental health unit that operates with a model of healthcare that emphasises Māori approaches to well-being. Secondary analysis of data involving techniques developed within grounded theory is used to investigate clinical notes from my music therapy practice in order to identify processes relevant to the four dimensions of *Te Whare Tapa Whā*. Themes that emerged were examined and used to investigate further data until a clearer picture of the relationship between music therapy and kaupapa Māori health frameworks became evident. This project particularly acknowledges the unique qualities of music and its practical application in music therapy in order to address and support a person's wairua within modern mental health practices. Specifically, the concepts of mana, mauri and whatumanawa appeared particularly relevant to the process of music therapy and the state of whakamā also emerged as significant within this mental health context. Parallels between kaupapa Māori understandings of health and ecological perspectives within music therapy were also noted and particular reference made to the work of Carolyn Kenny and her *Field of Play* (2006) model in developing the discourse linking indigenous perspectives with the music therapy profession.

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Mihimihi

Ka tangi te tītī, ka tangi te kākā, ka tangi hoki ko au. Tihei mauri ora.

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Tiamana ngā iwi.
Ko Te Whare o Toroa te marae.
Ko Putauaki te maunga.
Ko Ōhinemataroa te awa.
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It is through her that I trace my Māori heritage and connection to my Tūhoe and Ngāti Awa iwi (tribes). These iwi are acknowledged at the end of my mihi mihi along with my ancestors from Ireland, Scotland, England, Czech Republic and Germany. I identify with Mount Edgecumbe and the Whakatāne river through Wharepaia, which is the name of my hapū (sub-tribe/clan). Our meeting house is named Te Whare o Toroa and our ancestors arrived in Aotearoa on the Mātaatua canoe. Currently I reside in Newtown, Wellington and my name is Nolan Hodgson. This is my identity.

Ethics Statement

This project received ethical approval by the Massey University Human Ethics Committee:

HEC: Southern A Application – 11/41.

NZSM Master of Music Therapy Programme ethical template for student research in NZSM 526 undertaken as observational studies, theoretical or case study research.