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A review of attachment theory and internal working models as relevant to music therapy with children hospitalized for life threatening illness

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Highlights

- This article contains a review of attachment theory and attachment-focused music therapy literature with respect to the influence of music on a child's internal working models of their caregiver. Two pathways in which music therapy can be used to address attachment repair are proposed. Recommendations and case vignettes are discussed in context of children who have experienced a traumatic event such as being hospitalized with a life-threatening illness.
- The article includes several case studies which examine the effects of music therapy on attachment relationships between caregivers and their children, discusses relevant literature, and describes two sessions from the author's own clinical experience which highlight how music therapy can access the internal working models of attachment relationships.

Abstract

A brief review of attachment theory and attachment-focused music therapy literature is presented with respect to the influence of music on a child's internal working models of their caregiver during hospitalization for a life-threatening illness. The role of music in attachment is described in language common to attachment researchers outside the field of music therapy in an

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