

***Special Issue***

The Orff approach to special music education and music therapy:  
Practice, theory and research

**DVD Review**



***“I Have Become Young Again”***  
**Music, Language, Movement: Artistic and  
Pedagogical Opportunities for People in  
Advanced Age**

Christine Schönherr & Coloman Kallós

Reviewed by Elisabeth Danuser

*“I Have Become Young Again” Music, Language, Movement: Artistic and  
Pedagogical Opportunities for People in Advanced Age*

Christine Schönherr & Coloman Kallós

Produced by the Mozarteum University Salzburg  
Carl Orff Institute for Elemental Music and Dance Pedagogy

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The Carl-Orff-Institute Salzburg has been filming music and dance sessions offered to the residents in old peoples’ homes for nine years.

After briefly outlining the subject of Elementary Music and Dance Pedagogics (EMDP), the first DVD then concentrates on reflection with a theme-oriented summary of interviews conducted with experts, a group talk with home residents and

individual talks with a carer from a home and students at the Carl Orff Institute. The Film closes by taking a look at the lives of two residents in an old peoples’ home who have been taking part in weekly music sessions for a number of years.

The discussion about the questions “Why music?” and “What is the intrinsic value of music?” is conducted aesthetically, in depth and with great

care. The discussion is developed based on scientific findings, always bearing the importance of the emotional aspects in mind. The connection between music and our long-term memory (“well-known songs, even with several verses, are memorized up to a very old age”) is addressed, as well as the psychosomatic effect of music leading us to the questions: “What role did music play earlier in life?” and “What role does music play today?”. The way EMDP adapts to a person’s life story is illustrated and important conclusions with regard to its practical use can be drawn. Statements made by senior citizens elucidate the practical relevancy: “*Music is readily available, for everybody. Music lifts spirits. You actually feel that you are still alive. Everybody taking part is authentic and are who they are*”. In this sense music is part of a person’s biography; it plays a significant role in re-writing one’s own new story. However, the project also involves learning something new and taking on new challenges.

The strong reference to the significance of music in everyday life forms the foundation for educational and further educational training at the Carl Orff Institute in the field of Music-Gerogigics and is distinctly different to Elementary Music Pedagogy: the objective is not to educate, the focus lies on learning. Here it is important to take the participant’s biography and current life situation into account without infantilising the music.

The second DVD is dedicated to practical elements. After a short introduction different examples of various sessions, divided into three key areas and fifteen further topic areas, can be observed. The practical examples are presented in a profoundly aesthetic way; the pieces of music are varied and chosen to suit the materials used. The instructor, Christine Schönherr, and the participating trainees excel in both performing and professional musicality. The well-founded artistic quality, enhanced by the dignified way in which the sessions are conducted with respect, expertise and understanding provide the participants with the ideal environment for participation.

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