

Curriculum Vitae

Margareta Wärja



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PROFESSION

Music therapist, Expressive Arts Therapist
Licensed Psychotherapist, Clinical Supervisor
Director of Education at The Swedish Institute for
Expressive Arts, Stockholm
Primary Trainer in The Bonny Method of Guided Imagery and Music

EDUCATION

- 1977-1980 Bachelor of Arts in Music education, Dalcroze Methodology. Royal College of Music, Stockholm, Sweden.
- 1981-1983 Bachelor of Arts in Music Therapy. California State University of Long Beach, USA.
- 1990-1995 The Bonny Method of Guided Imagery and Music (BMGIM). The Bonny Foundation, Kansas, USA.
- 1997 Grandfathering procedure to grant an academic acknowledgement of graduate studies in music therapy at the Royal College of Music, Stockholm.
- 1998-2000 Group Analysis and Group Psychotherapy. Society of Psychotherapy, Stockholm. (Training institute authorizing license in psychotherapy.)
- 1999-2000 Certificate of Advanced Graduate Studies (CAGS). European Graduate School, Switzerland. Introduction to Arts-Based Research.
- 2001-2003 Supervision Education in Psychotherapy. Society of Psychotherapy, Stockholm. (Authorization to teach and supervise students intending to become psychotherapists.)
- 2007-2010 Master of Arts in Music Pedagogy with a Specialization in Music Therapy. Royal College of Music, Stockholm.
- 2010 Ph. D Candidate at The Doctoral Program in Music Therapy at Aalborg University, Denmark.

OTHER EDUCATIONAL AND PROFESSIONAL QUALIFICATIONS

- 1983 Registered Music Therapist granted by The National Association for Music Therapy, USA.
- 1983-1986 Foundational studies in Analytical Psychology and Jungian Expressive Arts Therapy. The C.G. Jung Center, Houston, USA.
- 1985-1986 Psychodrama Assistant Training. West Oaks Hospital, Houston, USA.
- 1995 Fellow of The Bony Method of Guided Imagery and Music (FAMI). Granted by the Association for Music and Imagery, USA .

1998 Primary Trainer of Guided Imagery and Music.
Granted by the Association for Music and imagery, USA.

2001 State License as Psychotherapist

WORK EXPERIENCE

1975-1977 Music Teacher: piano, flute, choir, general music education.
Mölnåls Kommunala Musikskola, Sweden.

1983-1984 Music Therapist. Laurelwood Psychiatric Hospital, Houston, USA.

1984-1985 Music and Expressive Arts Therapist. Denver Harbor Mental Health
Clinic, Houston, USA.

1984-1986 Music Therapist at The Expressive Arts Department of West Oaks
Psychiatric Hospital, Houston, USA.

1986-1992 Core-faculty of the Music Therapy Department at the Music Therapy
Program, Royal College of Music, Stockholm, Sweden.

1986-1994 Music Therapist at Södermalms Psychiatric Rehabilitation Unit
(SÖREN), Stockholm, Sweden.

1986-1998 Music Therapist at the Out-Patient Clinic of Löwenströmska
Psychiatric Hospital, Upplands Väsby, Sweden.

1991-1995 Music Therapist in a state-funded research project called
"ENKOSTE" with the purpose of testing the out-come of the
expressive arts therapies, Löwenströmska Psychiatric Hospital,
Upplands Väsby, Sweden.

1990-1998 Examiner of the Graduate Program in Music Therapy at
Aalborg University, Denmark.

1990-present Private Practice in Music and Expressive Arts Therapy.
Stockholm, Sweden.

1991-1997 Co-director of Education of The Swedish Institute of Expressive Arts
Therapy, Stockholm.

1992-1997 Adjunct Faculty of the music therapy training program,
Royal College of Music, Stockholm, Sweden.

1992-2007 Core-faculty at Therapeutic Arts and Psychotherapy Training Institute,
San Francisco, USA International training program in BMGIM.
Directed by Frances Smith Goldberg.

1997-present Director of Education of The Swedish Institute of Expressive Arts Therapy, Stockholm.

1997-present Clinical Supervisor of the Expressive Arts Training, Stockholm.

1997-present Examiner of the Expressive Arts Program in Oslo, Norway.

2006 -2008 Co-director of Supervisory Education using the Arts in Psychotherapeutic and Psychosocial Supervision. Society of Psychotherapy, Stockholm.

2007-present Director of The Swedish BMGIM training.

PROFESSIONAL NETWORKING ASSIGNMENTS

1997-present Member of The International Network of Expressive Arts Therapy Training Centers.

2005-present Member of many so called mentoring committees to support the process of Fellows intending to become Primary Trainers of BMGIM.

2008-present Member of Ethics Committee of Association of Music and Imagery.

2009-present Member of Educations Committee of Association of Music and Imagery.

2008-present Member of Steering Committee of European network of Guided Imagery and Music (ENGIM).

2009 Artist in Residence at the European Graduate School, Switzerland. (To serve the community at the summer school with my teaching and art making and to create of an original Performance piece: *The Braiding of Time.*)

PUBLICATIONS

1987 Wärja-Danielsson. *Musikterapins funktion inom den barnpsykiatriska institutionen.*
Svenska musikterapiförbundets tidskrift, vol 10, 3- 4, pp. 13 - 25.
(Swedish Journal for Music Therapy).

- 1988 Collins, J, Prebluda, J., Sommerville, P, Wärja-Danielsson, M. *Three Heads are Better than one: the Expressive Arts Group Assessment*. *The Arts In Psychotherapy*, Vol. 15, pp. 71 - 77.
- 1990 Wärja-Danielsson, M. Musik und mythos: eine Reise durch die Unterwelt. Musiktherapie auf der Grundlage der Analytische Psychologie C.G. Jungs. Frohne-Hagerman: *Musik und Gestalt: Klinische Musiktherapi als integrative Psychotherapie*, Paderborn, Germany, Junfermann Verlag.
- 1992 Wärja, M. *Musikens makt på resan genom underjorden*. *Gnosis: Tidskrift för en andlig kultur*. 2/91 - 3/92, pp. 85 - 96. (Journal of Spiritual Culture).
- 1994 Wärja, M. *Sounds of Music through the Spiraling Path of Individuation: A Jungian Approach to Music Psychotherapy*. *Music Therapy Perspectives*, National Association for Music Therapy, Vol 12, issue 2, pp. 75 - 83.
- 1996 Wärja, M. *The House of the Seven Muses - A Research Project*. *Music Therapists in Collaboration with Other Creative Arts Therapists*. American Association for Music Therapy, *Music Therapy International Report*, Vol 10, pp. 45 - 50.
- 1998 Wära, M. Music as Mother. In: Levine & Levine: *Foundations of Expressive Arts Therapy: Theoretical and Clinical Practices*. Jessica Kingsley, London.
- 1999 Wärja. F. M, Musik i individuation –jungianskt inriktad musikterapi genom metaforsik improvisation. In: Alm, Hammarlund, Grönlund: *Konstnärligt Skapande Terapier*. Natur och Kultur, Stockholm.
- 1999 Wärja, M. Musikterapi. In: Alm, Hammarlund, Grönlund: *Konstnärligt Skapande Terapier*. Natur och Kultur, Stockholm.
- 2001 Jönsson, M., Wärja, M. *Utbildningsgruppens betydelse för identifikationsutveckling till uttryckande konstterapeut*. (The Significance of the Training Group in the Identity Development of Becoming an Expressive Arts Therapist). Society of Psychotherapy, Stockholm. Final paper, fulfillment for licensure.
- 2002 Wärja, M. Homage to Bach. Music: A Vertical World of Direct Experience. In: S. Levine. *Crossing Boundaries. Explorations in Therapy & the Arts*. EGS Press, Canada

- 2004 Knill, P. Wärja, M. CD release. *Queen of Time*. Original improvisational music. EXA Vision AB.
- 2007 Wärja, M. Unplugging – Surfing with Hermes and the Arts Between the Worlds. In: E. Levine, P. Antze. *In Praise of Poiesis. The Arts and Human Existence*. EGS Press, Canada.
- 2010 Wärja, M. *Korta Musikresor (KMR). På väg mot en teori som musikerapeutisk metod*. (Short Music Journeys. Towards a Theory of KMR as Music Therapy Method). Masters' Thesis, Royal College of Music, Stockholm.