

From the French Content Editor

2023 has been a landmark year for music therapy in Canada, especially with the Canadian Association of Music Therapists hosting the World Congress of Music Therapy for the first time, in Vancouver last July. This in-person conference—a major event for the international community—showcased transnational expertise in music therapy, including that of Canadian music therapists, who turned out in large numbers. We are also at a moment in our history when we need to carefully examine the systemic barriers that restrict access to music therapy services and to the profession itself. Aside from the humanitarian crises linked to climate change and the intensification of sociopolitical issues, the pandemic weakened the resilience of marginalized peoples and exacerbated risk factors that lead to psychological distress and violence. Polarization is a particularly troubling issue. As healthcare professionals, we should therefore redouble our efforts to amplify the voices of certain groups—Indigenous Peoples, racialized people, disabled populations, and members of the 2SLGBTQIA+ communities who are disproportionately impacted by the marginalizing outcomes of the pandemic and other crises—while ensuring they have access to support services. We also need to ask ourselves a number of questions as practitioners: Who has access to music therapy training and to knowledge dissemination opportunities? What types of knowledge are favoured in educational institutions and academic journals? What systemic barriers are we perpetuating? We hope the articles in this issue of the *Canadian Journal of Music Therapy* will help foster a critical discourse about the past, the present, and the future of music therapy in Canada.

I am therefore pleased to present the French-language contributions in the 2023 edition, Volume 28 of the *Canadian Journal of Music Therapy*. Stéphane Scotto Di Rinaldi discusses his original research into receptive music therapy among youth in a hospital setting. For this exploratory research, Di Rinaldi gathered preliminary data from eight females aged 13 to 17 years presenting with anorexia nervosa, who were inpatients in a child

psychiatry hospital in France. These participants engaged in group receptive music therapy sessions intended to mitigate the effect of anxiety-producing periods experienced while in hospital, especially during the weekly weigh-in. Di Rinaldi presents his clinical observations, preliminary findings, and a group protocol for instrumental psychomusical relaxation for people with anorexia nervosa. This edition of the *CJMT* also includes three book reviews translated into French. I strongly encourage you to read them so you can be more familiar with these timely works that cover major issues related to today's global context, such as pluralism, cultural reflexivity, and trauma-informed practice.

I would like to close by extending my heartfelt thanks to Dr. SarahRose Black, who is leaving us at the end of her three-year term as Editor-in-Chief of the *CJMT*. SarahRose provided expert guidance during a key transition in the history of this publication: the shift to open access. I commend her dedication to highlighting the diverse perspectives that form the mosaic of our profession, especially those of music therapy students and newcomers in this field. Through our collaboration, I have discovered a diligent and supportive editor, and have developed a valued new friendship. I am saddened to see our collaboration on the *CJMT* draw to a close, but I wish her every success and a full range of promising opportunities in the next stage of her career.

Annabelle Brault, PhD(c), MA, MTA, MT-BC

Editor, French Content, *CJMT*

revue@musictherapy.ca