



ERC Synergy Grant Project Leviathan, Horizon 2020; GA 854503

**INSTITUTE OF ETHNOLOGY AND FOLKLORE STUDIES WITH ETHNOGRAPHIC  
MUSEUM – BULGARIAN ACADEMY OF SCIENCES**

**TEMPORARY SCIENTIFIC UNIT ‘MEDICAL ANTHROPOLOGY’**

in the framework of the ERC Synergy Grant Project “Taming the European Leviathan:  
The Legacy of Post-War Medicine and the Common Good”  
[H2020 ERC-2019-SyG; GA ID: 854503] and

the seminar “The European Leviathan – Medical Anthropology”

**INVITATION**

**Seminar 38:**

**EMIL ANTONOV**

Chair of the Bulgarian Association for Music Therapy

**MUSIC THERAPY: MODERN CONCOMITANT TREATMENT AND  
A NEW APPROACH FOR MENTAL HEALTH IMPROVEMENT**

**26 February 2026**

**16.00 – 18.00, hall 204, “Moskovska” street 6A and online**

**Annotation:** Music psychotherapy (or just music therapy) is a therapeutic approach that uses music purposefully in order to support emotional, cognitive, and social well-being. Guided by a trained therapist, clients may listen to music, improvise, sing, write songs, or discuss lyrics to explore feelings and experiences in a safe, structured way. It is used with people of all ages to address issues such as anxiety, depression, trauma, developmental disorders, and neurological conditions.

After World War II, this led to the formalization of the field of psychotherapy and music therapy developed rapidly – the first university training programs were established (e.g., Michigan State University in 1944). This development is based especially in USA and UK. In Western Europe, similar professional organizations and training programs developed during the 1950s–1970s,



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influenced by psychodynamic, humanistic, and medical models. Research grew stronger in the late 20th century, especially in areas like neurological rehabilitation, autism, trauma, etc. In Bulgaria, we have music therapy education and practice since the 1990s and the process of making this psychotherapy more visible and recognizable in the Bulgarian society continues.



Image: AI-generated

**Link for online participation:**

<https://us02web.zoom.us/j/87862164488?pwd=0wh9qRub730ve3LzBcKV16HxBN25kD.1>

Meeting ID: 878 6216 4488

Passcode: 911530

*If you wish to find out more about the activities of the Leviathan project team, visit the following websites:*

<https://leviathan-europe.eu>

<https://medicalanthropologybg.com>