



*Group Music therapy,
Inclusion,
and Deep Democracy:
fostering a culture of peace*

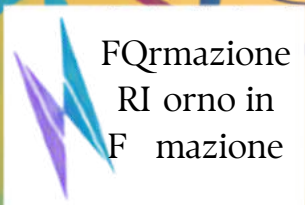
*with
Mark O'Connell &
Paola Esperson Ph.d*

17 - 18 October 2026

**Ealing Broadway
W5 2DD, London**

**Book at
forifo.ep@gmail.com**

*£40 early birth
ends 30th Sept
£55 from 1st October 2026*



Associazione Culturale

Saturday 17 Oct

14:00-18:00

Sunday 18 October

10:00-14:00



This workshop introduces Music Therapy for Inclusion (MTI), presenting a tailored group music therapy intervention that integrates MTI principles with conflict resolution, viewed through the lens of Deep Democracy and grounded in the Process-Oriented Psychology paradigm.

It aims to raise awareness of the urgent issue of inclusion, considered the royal path to peace (Esperson 2022). It explores the role of group music therapy in enhancing emotional and social wellbeing across society, with the ultimate goal of fostering a culture of peace within diverse community settings.

Participants will explore how group facilitation and music therapy can provide an inclusive, safe and creative space, where people can experiment to relate, connect and cooperate, fostering a sense of belonging and community. It is in this space that it is possible to develop not only tolerance and community leadership, but also the essential facilitation skills that are needed if society is to transform its culture of war and power in the direction of peace building and peace-making.

Foundation module for those who would like to start training in Music therapy for inclusion in community settings and/or education. This framework emphasises peace as an active and transformative process driven by early childhood development and the reduction of structural violence.

Paola Esperson Ph.D Musictherapist, Psychotherapist BAMT, UKCP, HCPC, RSPOPUK
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