



# ORSZÁGOS PSZICHIÁTRIAI ÉS NEUROLÓGIAI INTÉZET

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FELLEGI Ádám -ról  
(Spitzer úv)

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To Whom it May Concern

Adam FELLEGI, a world-famous pianist has been dealing for 4 years with music therapy in a samaritanian way at the Department of Psychiatry No. 2 of the National Institute for Psychiatry and Neurology, Budapest, Hungary. Around one hundred psychiatric patients participate these monthly courses of therapy.

The history of music therapy is more than 2000 years old. The most accepted two forms of music therapy are: (1) the active type, when the patients themselves perform music on instruments, and (2) the passive type, when patients listen to recorded music (tape, CD, video etc.) and talk about it. Adam Fellegi developed and introduced a third version of music therapy, i.e. when he is performing live music: while playing the piano, he speaks and makes the patients speak about their experience and about sense of healing.

On the one hand, this famous musician performs wonderful music on the old instrument of our psychiatric department, and on the other hand, he contacts warmly with psychiatric patients, who like very much his therapy sessions. Because of his high-standard music and his highly suggestive personality, even some agitated and negativistic patients participate his therapies patiently, which has a great positive impact on their illness. Recently, a young patient who had been suffering from catatonic schizophrenia and had not spoken for several weeks, started talking to others during one of this music-therapy sessions.

The music therapy of Adam Fellegi contributes a great deal to the high clinical and scientific standard of the National Institute for Psychiatry and Neurology, Budapest.

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