

*Main Themes across all participants*

Participants			Main Themes
S	B	J	
Y	Y	Y	<b>A. In MT one can identify and express needs and desires in relation to one's musical journey</b> A1. Fear of the future A2. Hope for the future
Y		Y	
Y		Y	
Y	Y	Y	<b>B. In MT one is allowed to feel and explore one's emotions</b>
Y	Y	Y	<b>C. MT offers a space to express and make meaning in relation to one's musical journey</b> C1. In MT one can process one's thoughts and experiences C2. In MT one can make sense/meaning C3. In MT one can explore self-image C4. MT offers opportunities for insight C5. MT as a space to express existing resilience
Y	Y	Y	
Y	Y	Y	
Y	Y	Y	
	Y	Y	
Y	Y	Y	
Y	Y	Y	
Y	Y	Y	<b>D. Building additional resilience in MT</b> D1. In MT one can express and grow resilience, confidence and self-acceptance D2. In MT one can find compassion in the midst of pain D3. In MT one can recognize gifts along the journey D4. In MT one can recognize one's support system
Y	Y	Y	
	Y		
	Y		
	Y	Y	
Y	Y	Y	<b>E. In MT one can reconnect to music</b>
Y	Y	Y	<b>F. In MT one can alleviate and work productively with pain</b> F1. In MT one can connect to one's body F2. In MT one can relax and relieve stress related to pain F3. In MT one had opportunities to change one's perception of pain. F4. In MT one can symbolize and externalise physical pain F5. In MT one can explore pain and its impact F5.1 In MT one can express one's struggles F5.2 Physical pain as a barrier F5.3 Emotional pain as a barrier F5.4 Pain along the journey
Y	Y	Y	
Y	Y	Y	
Y	Y	Y	
	Y		
Y	Y	Y	
Y	Y	Y	
Y	Y	Y	
	Y	Y	
	Y	Y	