

Book of abstracts and one page summaries

PHD COURSE IN MUSIC THERAPY RESEARCH

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Doctoral Programme in Music Therapy

Department of Communication and Psychology

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Lectures and workshops at the course

Cheryl Dileo: Ethical Moments in Music Therapy Research

This presentation will examine ethical issues that arise in music therapy research especially after a plan for ethics has already been made. Concepts, such as "ethical mindfulness", (required to monitor these ethical moments) are described. An emphasis will be placed on describing these moments when conducting qualitative research (as this is given a lot less attention in the literature). An ethical problem-solving model will be provided. Students will be free to ask questions regarding their own research plans.

Professor Dr. Cheryl Dileo is a Board-Certified music therapist with a number of years of experience as a clinician and consultant. She currently coordinates the PhD Program in Music Therapy and is the Director of the Arts and Quality of Life Research Center at Temple University. She founded the music therapy program at the University of Evansville and has served on the music therapy faculty at Loyola University. She was named the McAndless Distinguished Scholar and Professor in the Humanities for the 2002-3 academic year at Eastern Michigan University. She is currently on the Honorary Faculty at the University of Melbourne Australia, and a member of the PhD Program Advisory Board at Aalborg University, Denmark. She has served on the Editorial Board of the Journal of Music Therapy, and as an Editorial Consultant for Music Therapy: The Journal of the American Association for Music Therapy, the International Journal of Arts in Psychotherapy and the Journal of Music Therapy and MusicMedicine (Germany). She is on the Advisory Board of the Nordic Journal of Music Therapy.

Dr. Dileo serves as a grant consultant for the National Institute of Health, the National Center for Complementary and Alternative Medicine, and the National Cancer Institute. She has held a variety of leadership positions in the National Association for Music Therapy, including President, Vice-President, and Council Coordinator. She played a leading role in the development of the NAMT Code of Ethics, and has Co-Chaired AMTA's Ethics Board. The American Association for Music therapy has honored her with the Lifetime Achievement Award, the Award of Merit, as well as the Distinguished Research/Publication Award. She was the recipient of the 2006 Temple University Faculty Research Award. She has also served in a variety of leadership positions for the World Federation of Music Therapy, including, President, Past-President, Chair of the Commission on Ethics and Business Manager. She developed the WFMT Guidelines for Ethics and Research.

Eva Bojner Horwitz: The role of culture in health care and self-care

Med dr, Cultural Health researcher, education director at Center for Social Sustainability, Neurobiology Caring Sciences and Society, Karolinska Institutet. Associate researcher at the Department of Public Health and Caring Sciences Uppsala University. Eva Bojner Horwitz is also registered Dance/Movement Therapist, at the University of Dance, Stockholm. Her PhD is from 2004 from the Department of Neuroscience and Department of Public Health and Caring Sciences, Social Medicine, University of Uppsala. The doctoral thesis is titled: Dance/Movement Therapy in Fibromyalgia Patients. Aspects and Consequences of Verbal, Visual and Hormonal Analyses. This research was supervised by Associate Professor Ulla

Maria Anderberg and Professor Töres Theorell. Among others, Bojner Horwitz has published about "Theatre for, by and with fibromyalgia patients – Evaluation of emotional expression using video interpretation" in *The Arts in Psychotherapy* (2010), Dance and writers block (2013) "The cultural palette – a randomized intervention for women with burnout" in *BJMP* (2015), "Engagement in dance is associated with emotional competence in interplay with others" in *Front in Psychol.* (2015).

Olivier Lartillot: Analysis of music therapy improvisation using the Music Therapy ToolBox

Olivier Lartillot is a researcher in computational musicology at the Department of Architecture and Design, Aalborg University. Previously Academy of Finland research fellow at the Finnish Centre of Excellence in Interdisciplinary Music Research, University of Jyväskylä, he designs computer programs such as the Music Therapy ToolBox and MIRtoolbox.

Relevant literature

Erkkilä, J., Ala-Ruona, E., & Lartillot, O. (2014). Technology and clinical improvisation—from production and playback to analysis and interpretation.

Sanne Storm: Postnatal Depression, Voice Assessment and Psychodynamic Voice Therapy

Background: An innovative Voice Assessment tool (VOIAS) enables evaluation and structured observations of the human voice. The protocol can be administered in a consistent and stable manner with standard procedures and solid psychometric properties.

Objectives: Investigating the psychometric properties of VOIAS further, and come closer towards a standardization of VOIAS.

Looking into the voice patterns that distinguish a "healthy" person from a person suffering from depression, establishing a reference group as a benchmark and point of reference striving for a high level of reliability and validity.

Applying VOIAS in order to produce empirical evidence supporting the use of Psychodynamic Voice Therapy offered women suffering from postnatal depression and defining the beneficial elements of Psychodynamic Voice Therapy.

Methods: Vocal data will be collected from "non-clinical" women and mothers 10-12 weeks after delivery when screened with Edinburgh Postnatal Depression Scale (EPDS).

Standardized evaluations and voice assessments will be collected from women receiving verbal-psychotherapy and Psychodynamic Voice Therapy. Statistical examination and psychoacoustic analysis will be carried out.

Semi-structured qualitative interviews will be conducted followed by a phenomenological meaning condensation.

Funding: This work is supported by the National Health Insurance Fund and the National Hospital on the Faroe Islands

Sanne Storm, PhD, Psychiatric Center, the National Hospital of the Faroe Islands, is a researcher and music therapist within psychiatry and the health service on the Faroe Islands focusing on perinatal anxiety and depression. Her research involves development of a voice music therapy assessment tool. Since 2005 Sanne has taught therapy related body- and voice work at AAU, Denmark.

Niels Hannibal: Looking at "something" from a theoretical perspective – no problem or?

Niels Hannibal. Associate professor, Ph.d. At the music therapy education at Aalborg University. He is also part of the Music therapy clinic at Aalborg University Hospital. His research areas are music therapy in psychiatry, music therapy with people with personality disorder and theoretical integration.

Relevant literature

Hannibal (manuscript). A mentalization-based view on music therapy clinical practice in psychiatry – case report based view.

Ulla Holck: VBN – the research portal at AAU: Relevance for PhD students

Short hands on introduction to the research portal.

Relevant links

VBN: <http://vbn.aau.dk/>

Music therapy: <http://vbn.aau.dk/da/organisations/musikterapi%28fbf6a341-ca3a-4afb-88d8-1e0024bd7378%29.html>

Ulla Holck: Introduction to an ethnographic approach to video (micro) analysis

The overall purpose in the ethnographic approach to video analysis is to become aware of implicit 'knowledge' in those being observed. That is, knowledge that cannot be acquired through interviews. In music therapy this approach can be used to analyze practices or patterns of interaction between client and therapist either to be able to describe hidden or emerging abilities in the client, or as a step towards developing concepts for MT practices that are not already conceptualized. After the introduction to the approach, aims and method, we will briefly discuss the epistemology of the ethnographic approach to video observation.

Relevant literature

Holck, U. (2007): An Ethnographic Descriptive Approach to Video Micro Analysis. In Wosch & Wigram (Eds.): *Microanalysis in Music Therapy*, p.29-40. London: Jessica Kingsley Publishers

Ulla Holck, MA, PhD, Associated Professor at the Music Therapy programme at Aalborg University, Denmark, and Head of the Danish Center for Documentation and Research in Music Therapy at Aalborg University (www.cedomus.aau.dk). The research area is music therapy with children with neuro-developmental disorders.



PhD defence

Esperanza Torres: Effectiveness of GRPMI with fibromyalgia patients

The general aim of this study is to assess the effectiveness of group music and imagery therapy in women with fibromyalgia, specifically, in the perception of psychological wellbeing, functional capacity and quality of life, pain perception, anxiety, depression and anger.

Fibromyalgia (FM), recognized by the WHO since 1992, affects about 2-4% of the world population. Patients, mostly women, experience chronic widespread pain, fatigue, stiffness, sleep disturbances and a variety of psychological disorders, especially depression and anxiety. The intervention usually includes pharmacological treatments, exercise and psychological therapy. Group Music and Imagery therapy (GrpMI) works in a holistic way, focusing on the person as a whole, using music as well as spontaneous imagery and the group as therapeutic agents. The general aim of this study is to assess the effectiveness of GrpMI in women with FM, specifically, in the perception of psychological wellbeing, functional capacity and quality of life, pain perception, anxiety, depression and anger. The study used a randomized experimental pretest-posttest control group design, with follow-up assessment after 3 months. The final sample included 56 women (33 experimental and 26 control), with a mean age 51.3, evaluated with six assessment tools.

The results of the descriptive analyses indicate that 76.6% of the participants have multiple associated diagnoses, of which being the most common is osteo-articular disorders and depression. In addition, participants show low levels of subjective wellbeing, a prominent impact of FM in their functional capacity, high levels of state and trait depression, trait anxiety and a present pain perception above that of the general population mean. The correlational analyses confirm that there are positive significant relationship between the impact of FM on functional capacity and quality of life with pain, anxiety, depression and anger. In contrast there is a negative correlation between subjective psychological wellbeing and functional capacity and quality of life, pain, anxiety, depression and anger. The analyses of covariance, used to compare pretest-posttest results between experimental and control groups, showed positive effects (statistically significant) in subjective psychological wellbeing and state anxiety. Furthermore, variables of impact of FM on the quality of life and functional capacity, pain intensity, trait anxiety, and state anger showed a statistical tendency.

In the intragroup comparison, the experimental group evidenced positive changes in all variables: increasing subjective wellbeing, and reducing the impact of FM in their health and functional capacity, pain intensity, state anxiety, state and trait depression, and state and trait anger. In contrast, the control group did not experience significant changes. The Reliable Change Index (RCI) showed that, after the treatment, 57.6% of experimental subjects recovered in at least three of the variables and did not deteriorate in any, in contrast with to only 8.7% of the control subjects. After three months, the experimental group fared better than before treatment with GrpMI intervention, although without statistical significance, except in anxiety. These results illustrate the effectiveness of GrpMI intervention in FM, as a

complementary non-pharmacological therapy. It is necessary to continue research in group imagery and music with a medium- and long-term follow-up, and studies that could evaluate the differential effects of GrpMI elements.

Supervisors

Associate Professor Inge Nygaard Pedersen - Aalborg University, Denmark
Professor José Ignacio Pérez Fernández – University of the Basque Country

Examining Committee:

Professor Lars Ole Bonde, Aalborg University (Chair)
Professor Dr. Cheryl Dileo, Temple University
Professor Dr. Eva Bojner Horwitz, Karolinska Institutet

The doctoral thesis and a summary is available at: www.mt-phd.aau.dk



One page summaries



Anna Gerge: Strengths and weaknesses of qualitative method, including thematic analyses of experiences of the body

Supervisors: Inge Nygaard Pedersen, Karin Bergmark (Karolinska Institute) Kate Donahue (West Portal Counseling Associates)

Titel of the study:

The impact of the unthought known – Image formation and change in arts- and trance-based therapies, including receptive music therapy: a theoretical and phenomenological perspective on experience and image formation in psychotherapy

Research questions:

1. Does imagery-work, be it in whatever inner channel/modality, help patients change in therapy? Can change in therapy through imagery-work be understood through concepts of image formation?
2. How can the research findings on KMR/EXA therapy be understood in relation to the concepts image formation, relational psychodynamics, psycho-traumatology, affective neuroscience, altered state of consciousness-ASC and arts/music-therapy-theory, i.e. what differences in image formation can be identified in the data collected (pictures/drawings/other artistic artefacts/writing) in the research on KMR/EXA therapy with women with a history of gynaecological cancer conducted by Bergmark & Wårja and affiliates, in relation to earlier traumatization, therapy method(s) and themes, aesthetic, trance-inducing and/or relational psychotherapeutic interventions, self-assessments of health-processes and therapists' ratings? i.e.
3. Can experiential learning and perceived inner sensations, i.e. imagery (in a multimodal sense), be vehicles for change, and if yes; how does this correspond to image formation – both as a resource as well as a torment, and can this be interpreted and evaluated in relation to done artefacts in in-depth psychotherapeutic processes?
4. Can a valid tool for evaluating artefact in relation to image formation be developed from analysis processes and understanding of concepts in question 1 -3.
5. How can the experience of being close to someone (the therapist), and share inner states of turmoil and change, in the above-mentioned therapies be related to the experience of agency, presence and perceived existential health of patients with a history of gynaecological cancer? Is it possible to find cues of, and theorize on these processes?
6. How can clinician's, i. e. the psychotherapist's, reported intersubjective experience be related to the reported processes of change in psychotherapy?, studied through the therapists self-reports after each session, in relation to done artefacts and other of the above-mentioned outcome variables.

Research design:

Content analysis, thematic analysis and phenomenological qualitative method

Method:

Thematic analysis and qualitative research-process (hermeneutic spiral)

Current state of the study: Initial

Topic for the presentation: Understanding more of the strengths and weaknesses of qualitative method, including thematic analyses of experiences of the body: How to integrate art (drawings and paintings) in thematic analyses, not just have them as illustrations? Can you do thematic analyse on drawings? Can content analysis be part of the thematic analyses? Can nominal statistics be used in thematic analyses? ... and what about art-based research – and the aesthetic response as a source of information? An last but not least – how to conceptualize the experience of body and implicit processes of change?



Evangelia Papanikolaou: Guided Imagery and Music in a hospital setting: a preliminary plan for women with gynaecological cancer in treatment

Supervisors: Niels Hannibal, Cathy McKinney

Title of Study: "Guided Imagery and Music with women with gynaecological cancer in treatment"

Research questions: Patients receiving chemotherapy can experience extreme distress related to both the cancer diagnosis and treatment isolation. If distress is not addressed, it can lead to anxiety, depression and even PTSD. Review of literature demonstrates a fair amount of evidence around the use of GIM with cancer patients, however, very few studies have a particular focus on GIM with patients with gynaecological cancer during their chemotherapy treatment. Also, in Greece, cancer patients hardly receive any psychological therapies as a support during treatment. The aim of this study is to explore the feasibility, patients' experience and possible benefits of GIM as a psychological therapy for quality of life for women who undergo chemotherapy treatment for gynaecological cancer. The main questions would be:

- Is a series of short GIM sessions effective for improving quality of life in women in treatment for gynaecological cancer?
- What is the patients' experience from GIM as an additional intervention during treatment?

Research design: a mixed-methods feasibility study consisted of a quantitative pre/post-test on physiological/psychological measures and qualitative investigation through semi-structured interviews.

Method: Eight female patients will be provided with a series of 6 individual GIM sessions with short selections of music or shorten programs of 20' maximum duration. In the quantitative part of the study, the Quality of Life in Cancer Patients- EORTC QLQ-C30 (Greek version) will be used in order to measure alteration in overall quality of life and symptoms pre/post treatment and after every single session. Quantitative data will be analyzed using descriptive statistics. Upon termination of the six sessions, semi-structured interviews will be conducted so as to highlight important aspects of GIM therapy as derived from patients' self-report of the experience. Thematic analysis of the interviews will follow, with specific focus on patients' motivation, compliance, tolerance and preferences with regard to the treatment method under investigation (GIM).

Current state of the study: Initial-pilot project

Topic for the presentation: "Setting-up the study: a preliminary plan". Before evaluating the effectiveness of GIM as a therapeutic intervention in gynaecological cancer in a larger scale study, it is important to assess whether implementation of the trial methodology is feasible. This can be done by investigation through a feasibility study to explore efficacy and patients' experience of GIM. This study proposes to examine GIM as a new aspect in treatment of gynaecological cancer, and will provide data on later recruitment, adherence and variability of outcomes. Therefore, the presentation will give emphasis on a feasibility study with the potential to develop later into a full study project, with consideration to all aspects of such a project. "What's next" is a challenging question as I would like to explore possibilities of extending the study. Additionally, I would like to raise concerns and thoughts about alternative formulation/adaptation of the project, in case the feasibility study does not enable me to shape the findings to be relevant and sustainable.

Gabriella Rudstam: The Psychophysiological test – The Script Driven Imagery Method.

Supervisors: Lars Ole Bonde, Bolette Daniels Beck, Hans Peter Søndergaard.

Title of Study: *Group Music and Imagery and expressive arts in trauma-treatment with clients with CPTSD. A mixed- methods study.*

Study aims/Research questions: The purpose of the study is to examine if GrpMI together with expressive arts can be helpful in the treatment of clients suffering from complex traumatization.

The primary research questions are: Can participation in GrpMI and expressive arts sessions:

- Be helpful in reducing PTSD symptoms and dissociation in these clients?
- Enhance quality of life?
- Increase capabilities for regulating the autonomic nervous system in complex PTSD measured in HRV?

Secondary questions: Can participation in GrpMi and expressive arts sessions:

- Be helpful in processing and integrating traumatic experiences of a population with CPTSD/DDnos, and if so, in what way?
- What characteristic features and development processes can be observed in the internal imagery evoked by the music as well as external imagery produced after the music listening phase in order to process the internal imagery?

Research Design: Convergent parallel mixed method study.

Current State of study: Enrolled September 2014. PhD plan submitted December 2014. Elaborate Proposal will be submitted January 2016.

Topic: This presentation will discuss the psychophysiological tests and how PTSD can be assessed via measurements of different physiological responses to traumatic experiences. The Script-Driven Imagery Method will be presented and how we have developed it to fit this study (Hopper et al., 2007; Orr et al., 1993). There will be presentation of the measurements used, with emphasis on HRV (Wilson & Keane, 2004). Analyses from the psychophysiological tests from some of the clients from the test groups will be shown.

References:

- Hopper, J. Frewen, P. Sack, M. Lanius, R. & Van der Kolk, B. (2007). The Respons to Script-Driven Imagery Scale (RSDI). *J Psychopathol Behav Assess (2007) 29: 249-268*
- Orr, S. Pitman, R. Lasko, N. & Herz, L. (1993). Psychophysiological Assesment of Posttraumatic Stress Disorder Imagery in World War II and korean Combat Veternas. *Journal of Abnormal Psychology 1993. Vol. 102.No 1. 152-159.*
- Wilson, J & Keane, T. (2004) *Assessing Psychological Trauma and PTSD*



Juanita Eslava-Mejía: Moving forward from design. Challenges of the Music Therapy attention profile pilot phase

Supervisors: Cheryl Dileo & Ulla Holck

Title of study: Development and pilot study of a music therapy assessment of the neuropsychologic development in children.

The main aim of this study is to design a music therapy attention profile that measures children's attention function in music therapy. A second aim is to pilot test the assessment and compare it with a traditional neuropsychological assessment of attention, in order to establish inter-rater reliability; construct/convergent, content and criterion/concurrent validity; and correlations between the two assessments.

Current research questions

Main question: Can a music therapy assessment designed to measure the function of attention of a child, do so in a valid and reliable manner?

Sub-question 1. Will there be correlations between results from standardized neuropsychological assessment of attention and the proposed music therapy assessment?

Sub-question 2. If so, can these correlations be used to support construct/convergent, content, and criterion/concurrent validity of the music therapy assessment?

Phases of the study: Phase 1: literature review, survey of neuropsychological assessment practices in Latinamerica, Music Therapy assessment design. HREB application. Phase 2: small pilot of the assessment (5 subjects) and inter-rater reliability procedure to make adjustments to the tool. Phase 3: Pilot study involving several Latinamerican countries and 60-80 subjects. Phase 4: Statistical analysis to establish reliability, construct/convergent, content and criterion/concurrent validity of the MT assessment and co-relations with the NP assessment. Phase 5: Writing Final report. Currently researcher is finishing phase 2.

Current State of the study: Following completion of HREB procedures, the recruitment for the first pilot study began. It took place in two institutions in different cities. One of the challenges of the recruitment was the compliance with the inclusion criteria. Administration of the 5 assessments is now over. Results were recorded in databases. Administration notes were included for every session recording discoveries and difficulties. Videos of the assessments were sent to 4 music therapists with the purpose of completing an inter-rater agreement analysis. Results from all music therapists have not been received yet.

Focus of presentation: Presentation will focus on the administration of the test. Examples of rating instructions will be provided. Results of participants will be presented in different ways: task results, overall performance results, type of support results . Reflections derived from the results and field journal regarding: usefulness of the tool, duration of administration, practicality, and scoring will be presented.

Maya Story: Transcribing and Analyzing Phase one: The Thousand Page Question

Supervisors: Lars Ole Bonde, Lisa Summer, Bolette Daniels Beck

Title of the study: Guided Imagery and Music as a Treatment Modality for Female Veterans with Post-traumatic Stress Disorder and Military Sexual Trauma

Study Aims/ Research Questions

Aim 1: Determine the feasibility of Guided Imagery and Music (GIM) as a treatment modality for female veterans with Military Sexual Trauma related Post Traumatic Stress Disorder

- Do female veterans find GIM beneficial?
- What themes do female veterans explore through the GIM process?
- What is the feasibility (viability of GIM sessions in terms of recruitment and attrition) of GIM sessions?

Aim 2: Discover how female veterans are experiencing GIM.

- What do female veterans find meaningful in GIM?
- How do female veterans experience components of the GIM sessions (music, imagery, creative processing)?

Aim 3: Obtain effect sizes and preliminary data on the efficacy of GIM for female veterans with MST related PTSD as an alternative to evidence-based CPT.

Hypothesis 3.1: GIM participants will score no worse than Cognitive Processing Therapy (CPT) participants, on reduction of PTSD symptoms at end of group sessions and 8 weeks post end of group.

Hypothesis 3.2 GIM participants will score no worse than CPT participants on social measures at end of group sessions and 8 weeks post end of group.

Research Design: Sequential Mixed Methods qual:QUAN

Current State of the study:

PhD plan submitted and approved

Elaborate Proposal submitted and approved

IRB approval for phase one

Phase one data collection complete (February-June 2015)

Currently analyzing Data

Topic for the presentation:

Transcribing and Analyzing Phase one: The Thousand Page Question

Actively transcribing recordings of approximately 45 completed sessions has led to hundreds of pages of data to aggregate. Problems encountered from the perspective of researcher and clinician will be presented. Methods of analyzing data will be discussed and feedback from student peers and faculty will be solicited.

Tove Stenderup: Setting up a study on Music Interaction for people with acquired brain injury

Supervisors: Hanne Mette Ridder (AAU) & Sven-Erik Holgersen (DPU).

Titel of the study:

Music Interaction for people with Acquired Brain Injury - Social and special education in teacher training

Current state of the study: Getting started Enrollment 1. januar 2016-31. december 2019.

In Denmark there are around 120,000 people with an acquired brain injury. These individuals, their family and friends are affected by the disease, and the quality of life is reduced. The brain is plastic throughout life (Goldberg, 2002) and research studies show that musical training and musical cooperation gives positive results in the development of personal, social and cognitive areas. In Denmark rehabilitation of the patients take place in rehabilitation and care centers, where the professional staff consists of pedagogy-educations, therapists, occupational therapists, healthcare assistants, etc. The aim of the research project is to examine how musical interaction and educators who work with music training combined with interdisciplinary work can support the rehabilitation and development of motor and linguistic skills in people with an acquired brain injury.

Preliminary draft research question (Research questions are not finalized):

How can music interaction support the rehabilitation and maintenance of motor and language skills of people with acquired brain injury?

Research design and method

The practical part of the project is conducted in cooperation with residents of rehabilitation facilities (in Jutland) during the period of 2016 or 2017. It is an action-based research project where researcher, co-researchers (pedagogy-educators and staff in the facilities) and the residents collect data, reflects, and develops knowledge and practice based on a systematical action-based learning process (Whitehouse & McNiff, 2011).

Presentation:

- Topic for the presentation: Motivation
- Research question - Hypotheses
- Theoretical framework
- The concept of music
- My reflections on research methodology