

# 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

Aalborg University, Denmark

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## Contents

Lectures and workshops at the course.....	3
Tia DeNora: Music in Action: from everyday musicking to music therapy – and back again.....	3
Tom Dening: Activities and Arts for People living with Dementia .....	3
Julie Borup Jensen: Action research. Ways of creating spaces for aesthetic knowledge and professional reflection.....	4
Lene Tanggaard: Surviving (and maybe even having fun) as part of the doctoral journey.....	4
Gustavo Schulz Gattino: Researching musical auditory processing in autism spectrum disorders (ASD) and its impact on music therapy practice .....	5
Aase Marie Ottesen: In the middle of my data collection: Songwriting used as narrative method to involve persons with dementia in the research process .....	5
Helle Brink & Tine Furbo Carlsen: Information Searching and Reference management .....	6
Literature to be read in relation to the PhD course .....	6
One page summaries .....	7
Anna Gerge: Psychotherapeutic Development: An Assessment Tool of Pictorial Artifacts Discriminating States of Safety, or what has Hermes to do with Pippi Longstockings? Some reflections on the research process.....	8
Britta Frederiksen: The analysis process toward a model of the development of the therapeutic relationship with forensic psychiatric patients in music therapy .....	9
Dana Jakobson: Family-centered Music Therapy in the Neonatal Intensive Care Unit: A mixed-methods study .....	10
Emily Cousins: Making meaning, creating connection: Taxonomic principles to define and describe arts interventions for people with dementia.....	11
Jens Anderson-Ingstrup: “With a little help from my friends” – The creation of relevant analysis parameters for manual-based psychosocial treatments in the field of dementia.....	12
Kira Vibe Jespersen: Does music improve sleep? .....	13
Tove Stenderup: Music activities for people with acquired brain injury: Collecting data, structuring my first article and considering the concept "livsduelighed" .....	14

## Lectures and workshops at the course

### **Tia DeNora: Music in Action: from everyday musicking to music therapy – and back again**

Questionnaires, scans, bio-measures, interview responses, and narrative accounts are all important forms of data for music therapy research. But they are also forms of proxy data that stand outside the flow of on-going, real time musical experience. If our goal is to explain how music functions in real time socio-musical situations, something else is required and ethnographic forms of research are very well suited to this task. In this talk I'll describe some of ethnographic perspectives and techniques that can be used to illuminate music as it gets into and affects action and experience: the music therapy 'index' and the 'musical event' schema. I will suggest that a focus that traces music as it moves from everyday life, to therapy, and back again to everyday life, allows us to enrich our understanding of what it is about musical engagement that makes music 'helpful' in therapeutic and lay-therapeutic contexts. I will illustrate the discussion with examples from a longitudinal study of music and mental health (Ansdell & DeNora 2016).

**Tia DeNora** is Professor of Sociology in SPA (Sociology, Philosophy and Anthropology) at Exeter University where she directs the SocArts Research Group. She is the author of *Beethoven and the Construction of Genius*, *Music in Everyday Life*, *After Adorno: Rethinking Music Sociology*, *Music Asylums*, *Making Sense of Reality: Culture and Perception in Everyday Life*, and *Musical Pathways for Recovery* (with Gary Ansdell). With Gary Ansdell, she co-edits the Ashgate Series in Music & Change..

### **Tom Denning: Activities and Arts for People living with Dementia**

I will talk first about the importance of activity for the lives of people with dementia. By way of example, I will describe four small student projects that we have done in Nottingham with a range of different partners. I will move on to talk about the Arts and dementia, with particular reference to the Nottingham-Worcester TAnDem (The Arts aNd DEMentia) doctoral training centre. I will briefly outline the projects of our 8 PhD students. Finally, I will consider some common themes, including social justice and access, as well as how absorption in meaningful activity temporarily abolishes the state of dementia.

**Tom Denning** was appointed in October 2012 as Professor of Dementia Research at the Institute of Mental Health, University of Nottingham; and Honorary Consultant in Old Age Psychiatry, Nottinghamshire Healthcare NHS Trust. He studied Medicine at Newcastle University and trained in Psychiatry in Cambridge and Oxford. From 1991 to 2012, he was a Consultant Psychiatrist in Old Age Psychiatry in Cambridge. From 2002 to 2011, he was the Medical Director of the Cambridgeshire & Peterborough NHS Foundation Trust. His interests include the epidemiology of mental disorders in older people, treatment of dementia and depression in older people, psychiatric services, arts and dementia, dementia and technology, care homes and other clinical topics. He is one of the editors of the Oxford Textbook of Old Age Psychiatry, the leading international work in this field.



## Julie Borup Jensen: Action research. Ways of creating spaces for aesthetic knowledge and professional reflection

Professional practice, such as music therapy, is characterized by involving a variety of thinking and action, drawing on bodily and experiential forms of knowledge, emotionally embodied knowledge, and different forms of thinking and linguistic articulation and communication. This variety can be understood as the aesthetic dimension of professional knowledge, and this knowledge may be articulated both individually and collectively. In order to study this variety, it is therefore necessary to draw on research approaches and methods that bring forward and captures the complexity and dynamic change that is embedded within a professional context. I will talk about action research as one approach to studying professional practice in its social contextuality. I will refer to my arts-involving method that encourages externalisation of aesthetic knowledge forms and professional reflection as a way of collecting data and developing knowledge.

**Julie Borup Jensen** is Associate professor in Arts-Based Creativity and Aesthetic Learning at the Department of Learning and Philosophy, Aalborg University. She is an active action researcher within the field of professional education and development. Her background is manifold: 1995 she graduated in classical violin from the Academy of Music in Aarhus, and in 2004 she obtained a BA in Nursing, in 2007 a MA in Learning and Innovative Change. Due to this varied background, and embedded within a humanistic tradition, her research is characterized by involving aesthetic dimensions of human life into her research by means of action research. She has published a range of articles concerning arts-based action learning and action research, and lately, she co-authored a book on artists' learning processes within their art forms, *Behind the Scenes of Artistic Creativity*.

## Lene Tanggaard: Surviving (and maybe even having fun) as part of the doctoral journey

A lecture and discussion with Professor Lene Tanggaard, Department of Communication and Psychology, Aalborg University

This lecture is based on the book "A Survival Kit for Doctoral Students and their Supervisors". The book is a hands-on guide to both students and supervisors on the doctoral journey, helping make the process as enjoyable as it is productive. Drawing on research from peer learning groups, contributed narratives, and their own programs, this lecture will emphasize the value of the doctoral partnership and the ways in which shared knowledge can facilitate a rewarding journey for students and their advisors. Grounded in theoretical and empirical material, personal stories and examples from a variety of researchers, Lene will share and discuss with us her perspectives on the doctoral journey seen from both a student and a supervisor perspective.

**Lene Tanggaard** is Professor of Psychology in the Department of Communication and Psychology at the University of Aalborg, Denmark, where she serves as Vice Head of Department, advisor for several Ph.D.-students, Co-director of The International Centre for



the Cultural Psychology of Creativity (ICCP), and co-director of the Center for Qualitative Studies, a network of more than 90 professors and researchers concerned with methodology and development of new research tools (<http://www.cqs.aau.dk/>). She is regional editor of The International Journal of Qualitative Research in Education.

### **Gustavo Schulz Gattino: Researching musical auditory processing in autism spectrum disorders (ASD) and its impact on music therapy practice**

**Gustavo Schulz Gattino**, PhD, is research assistant at the music therapy programme, Department of Communication and Psychology at Aalborg University. He has worked as music therapist, lecturer, researcher in music therapy in Brazil and Portugal. Recently, he has worked as and researcher at Santa Catarina State University, Brazil, teacher of the Master Training Course in Music Therapy in Valencia, Spain, as a director of two postgraduate training courses in music therapy at the institutions Candeias College (Brazil) and São Fidélis College (Brazil). He has practiced music therapy with wide range of clients with special needs, including Autism Spectrum Disorder, multiple disabilities and cerebral palsy. He is a co-founder and coordinator in Brazil of the Ibero-American Group of Research in Music Therapy. He has been a site manager of the TIME-A study in Brazil and an associate editor of the Brazilian Journal of Music Therapy.

### **Aase Marie Ottesen: In the middle of my data collection: Songwriting used as narrative method to involve persons with dementia in the research process**

This postdoc research has the title: Song and Music as Communicative intervention form in Rehabilitation of Persons Suffering from Dementia. Currently I am collecting data as part of the field studies, with songwriting used as narrative method, and interviews of persons with dementia and their relatives. The research project contains three parts, which in addition involve the perspective from the person with dementia and their relatives, and also have focus on a professional, interdisciplinary, and intersectoral perspective as well as an organizational perspective aimed at the conditions for the implementation of singing and music in rehabilitation of persons with dementia. The Velux foundation funds the research. The research method is inductive and inspired by action research. The research questions are answered by applying an exploratory, ethnographic and constructivist approach to humanistic research. In relation to the person with dementia the methods are person centred and based on preferences.

**Aase Marie Ottesen**, PhD, Master in Humanities and Health Studies (MHH). Post doc. since May 2016 at Department of Communication and Psychology, Aalborg University. Aase Marie is certified as Marte Meo therapist and she is educated nurse in 1980. She has been manager of the Knowledge Centre for Communication and Learning in the Health Sector at University College of Northern Denmark and manager of the Knowledge Centre for Dementia in Northern Denmark. In addition, she has been consultant with tasks in dementia, health promotion and prevention, home nursing, cut surface collaboration between hospitals, general practice - and municipalities. She has been responsible for implementation of various quality improvement projects. She also has been manager at hospitals and in the primary sector – e.g. manager of

the elderly care in a municipality, teacher and instructor at various training courses for nurses and interdisciplinary groups of staff.

## Helle Brink & Tine Furbo Carlsen: Information Searching and Reference management

**Description:** This course will introduce you to Aalborg University Library. There will be a presentation of the Library webpage and the search engine Primo. We will also search for academic articles in the databases CINAHL and Scopus. We will shortly mention Open Access and show how you can learn more about rights and restrictions when publishing. Finally, we will work with Mendeley as a tool for saving and organizing search results. The basic functions of Mendeley will be presented and you will work hands-on with Mendeley. Some of the elements are a brush up of the library course from the fall 2016 and some elements are new.

### Preparation prior to the course:

Please install Mendeley on your computer according to the instruction paper we have sent to you.

The course will include minor exercises where you have to search yourself, so please bring your computers along with your AAU-e-mail and password.

### About the teachers:

Helle Brink, M.L.I.Sc. have worked at Aalborg University Library since November 2012.

Tine Furbo Carlsen, M.L.I.Sc. have worked at Aalborg University Library since August 2013.

## Literature to be read in relation to the PhD course

DeNora, T. (2013). "Time after time": A Quali-T method for assessing music's impact on. *International Journal of Qualitative Studies in Health & Well-Being*, 8, 1–13.  
<http://doi.org/10.3402/qhw.v8i0.20611>

Jensen, J.B. (2017): Sensing the Problem Instead of just Talking about it. Arts-based Pedagogies and Development of Innovative, Professional Identities in Social Education Studies. I: Chemi, T., Lund, B. og Grams, S. (Eds.): *Innovative Pedagogy: A Recognition of Emotions and Creativity in Education*. Rotterdam: Sense Publishers.

Ministry of Higher Education and Science (2015). Danish Code of Conduct for Research Integrity. Available online: <http://ufm.dk/publikationer/2014/filer-2014/the-danish-code-of-conduct-for-research-integrity.pdf>

Tanggaard, L. & Wegener, C. (2016). A survival kit for doctoral students and their supervisors. traveling the landscape of research. London: Sage Publications.



## One page summaries

## **Anna Gerge: Psychotherapeutic Development: An Assessment Tool of Pictorial Artifacts Discriminating States of Safety, or what has Hermes to do with Pippi Longstockings? Some reflections on the research process**

Supervisor: Inge Nygaard Pedersen

Titel of the study: Psychotherapeutic Development: an Assessment Tool of Pictorial Artifacts Discriminating States of Safety

Research questions:

1. Can pictorial artefacts be meaningfully assessed according to the concept neuroception, and will different patterns of neuroception show up as meaningful units in pictorial artefacts?
2. If so, can these patterns be part of an assessment tool for pictorial artefacts?
3. How can results from such newly developed assessment tool of pictorial artefacts be understood in relation to other measures, f. ex. self-assessed overcome traumatization and other variables on existential health?
- 4) How can these understandings be theoretically conceptualized in relevant contemporary psychotherapy theory?

Research design:

After initial literature studies and conceptualisation of theoretical and methodological constructs an overarching aim of the thesis is to add a clinically relevant assessment tool for reflection and evaluation of pictorial artefacts with a certain interest in how this can potentially add to understanding implicit change processes in the arts- and ASC-based psychotherapies. The undertaking will test if the concept of neuroception is relevant in relation to assessed pictorial artefacts, n=269, if so, then defining how a neuroception of safety, compared to one of fright/ambiguity, would manifest itself in the studied artwork. The assessment tool is then further validated.

Methods:

- I Qualitative - latent, deductive, content analysis with elements of an arts-based inquiry.
- II Arts-based inquiry.
- III Descriptive statistics – is it then still qualitative research?

Current state of the study: Intermediate

Topic for the presentation:

Some epistemic reflections on the research process including the interface between arts-based research, qualitative and quantitative research, ending in an open question concerning the validation process of the newly developed assessment tool.

## **Britta Frederiksen: The analysis process toward a model of the development of the therapeutic relationship with forensic psychiatric patients in music therapy**

**Supervisors:** Hanne Mette Ridder & Liselotte Pedersen, Senior Psychologist, PhD, Forensic Psychiatric Unit, Region Zealand

**Titel of the study:** Development of the therapeutic relationship in music therapy with forensic psychiatric in-patients with schizophrenia – an explorative case study design

### **Main research question:**

How can music therapy contribute to the development of a therapeutic relationship with forensic psychiatric inpatients with schizophrenia in the initial phase of a course of music therapy?

#### *Sub questions:*

1: Is it possible to contribute to the development of a therapeutic relationship with forensic psychiatric in-patients with schizophrenia in the initial phase of a course of music therapy?

#### *And if so:*

2a: Can the elements that contribute to the development of a therapeutic relationship between music therapist and forensic psychiatric inpatient with schizophrenia during the first phase of a course of music therapy be identified?

- *if so:* How can these elements be described ?

**Design:** Explorative case study

**Method:** The music therapy is conducted in a naturalistic setting – the music therapist is also the researcher. The data consist of: Therapist's clinical notes. Patient evaluation through Session Rating Scale and semi structured interview. Clinical data. Staff evaluation. The thesis is article based.

**Current state of the study:** Data collection is finished and analysis is in progress – expect to finish analysis 1.7.2018.

### **Topic for the presentation:**

In this presentation I will focus on the presentation of the analysis process of the qualitative data and preliminary results. I will also present my thoughts on the method. I would like to have comments on and a dialogue about the presented analysis. Also I would like to discuss with you my reflections on the methodological approach to the analysis.

## **Dana Yakobson: Family-centered Music Therapy in the Neonatal Intensive Care Unit: A mixed-methods study**

**Supervisors:** Bolette Daniels Beck, Christian Gold, Cochavit Elefant (Graduate School of Creative Arts Therapies, University of Haifa, Israel)

**Titel of the study:** The contribution of Music Therapy during Kangaroo care to premature-infants' autonomic stability and parental anxiety reduction

### **Research questions:**

#### **Quantitative research questions:**

1. What are the effects of combined MT+ KC on preterm- infants' autonomic nervous system compared to KC alone?
2. What is the effect of MT+ KC on preterm- parents' anxiety level compared to KC alone ?
3. What are the differences between mothers' and fathers' anxiety levels, during MT+ KC and in KC alone?
4. What is the effect of MT+ KC on parent-infant attachment processes compared to KC alone?

#### **Qualitative Research questions:**

1. In which ways will the combination of MT during KC serve and/or influence the parent?
2. In which ways will the MT intervention assist parents in the interactions and bonding process with their infant?

**Research design:** An embedded mixed methods design with concurrent qualitative and quantitative data collection and analyses, independent of each other . The quantitative part is aimed to investigate measured effects of MT during KC treatment, in premature-infants and their parents. The chosen design is " Cluster-randomized trial", in which each cluster will investigate the effects of either MT+KC, or KC alone. The qualitative part will focus on the subjective experience of the parents, in order to present their unique stories and standpoints regarding the intervention. It will include semi-structured interviews followed by a "Grounded Theory" analysis of coding and content organization.

**Method:** 50 preterm infants and their parents (mothers and/or fathers) will be recruited. The trial's entire period will be divided in advance into clusters of two months long. Each cluster will be allocated to one of the investigated conditions: MT+KC, or KC alone. Each parent-infant dyad will participate in two sessions according to their cluster's allocation at time of enrollement. Three months after intervention, each dyad will receive a follow-up session at home or at the hospital.

**Current state of the study:** Waiting for final approval from hospital's IRB committee. Pilot sessions has begun, examining the intervention procedure, parents' engagement in music therapy and technical issues and applicability of measurement tools.

**Topic for the presentation:** The construction of the new design- planning and describing the cluster randomized trail process; Short review of pilot sessions.

## **Emily Cousins: Making meaning, creating connection: Taxonomic principles to define and describe arts interventions for people with dementia**

### **Supervisors:**

Professor Tom Denning, University of Nottingham  
Professor Victoria Tischler, University of West London  
Dr Claire Garabedian, University of Worcester

**Title of the study:** An International Taxonomy of arts interventions for people with dementia

### **Research questions:**

In what ways can we define and describe arts interventions for people with dementia?  
What creative mechanisms enable the arts to be an effective intervention for people with dementia?  
Is Taxonomy an appropriate model for classifying arts interventions for people with dementia?

### **Research design:**

A qualitative framework of Realist methodology underpins the study. This encourages flexible, iterative enquiry informed by the 'lived experience' of stakeholder perspectives as well as academic research. Theoretical models of classification and categorisation, person-centred care and communication, connection and meaning will also inform the study.

### **Method:**

The study is comprised of a literature review, incorporating peer reviewed, published and grey sources; a series of real world focus groups and Nominal Group Technique (NGT) workshops involving carer, practitioner, artists and care staff participants; an exploratory case study of Danish music therapy incorporating ethnographic observation and interview; and an International Delphi study questionnaire, seeking consensus on the dimensions and descriptions of an arts intervention taxonomy.

### **Current state of the study:**

The student is half way through a 3 year PhD. The literature review, focus groups and NGT workshops are complete, and the data analysed. The case study and Delphi study will unfold in the coming months. Research findings to date include the identification of principles, and supplementary descriptive features, that drive the delivery of arts interventions for people with dementia, as well as a number of proposed dimensions for the taxonomy of arts interventions.

### **Topic for the presentation:**

The presentation will begin with a brief overview of the Doctoral Training Centre (TAnDem) funding the study and why a refined evidence base for the arts and dementia, specifically a Taxonomy, is required. The presentation will then share its methods and research findings to date, namely the principles of arts interventions and proposed dimensions of the taxonomy.

## Jens Anderson-Ingstrup: “With a little help from my friends” – The creation of relevant analysis parameters for manual-based psychosocial treatments in the field of dementia

**Supervisors:** Hanne Mette Ridder

**Titel of the study:** A flexible fit – The development of a suitable manual framework for Person Attuned Interaction/Person Attuned Musical Interaction

**Research questions:** This research will have two points of interest: 1) research focused on different types of manual-based treatments to discuss and find the most appropriate frame for PAI/PAMI, 2) research focused on the use of EEG measures as an outcome in dementia-focused interventions to discuss the possibility of using EEG as an outcome measure for PAI/PAMI, test and discuss the feasibility and challenges of using EEG as an outcome measure for PAI/PAMI and do preliminary measures of effect on PAI/PAMI. The research is driven by a general problem description and two research questions:

- PD: *Which manual based complex interventions exist that describe methods and ways of being as means to attune and regulate arousal in people from vulnerable groups?*
- RQ1: *How can a manual frame be formulated for PAI/PAMI to achieve applicability in both clinical and research setting?*
- RQ2: *Which outcome measures are relevant and applicable to measure the effect of PAI/PAMI?*

**Research design:** Inductive flexible approach

**Method:** In order to answer the problem description and research question 1 a literature review will be conducted. The results will be analysed using a thematic analysis. Research question 2 will be answered through a literature review and quantitative, explorative case studies.

**Current state of the study:** A systematic review based on the use of PICO searching has been conducted. The material has been sorted into three main groups; 1) Training programmes 2) Reviews 3) Manual-based treatments. Group 1 and 2 has been analysed thematically in order to uncover other relevant sources as well as relevant analysis parameters to apply to the analysis of the sources in group 3

**Topic for the presentation:** This presentation will involve three topics. First, I will present a storyline for my first article which has a focus on manual-based treatments in the field of dementia. Secondly, I will present the result of a systematic review on manual-based treatments in the field of dementia and thirdly, I will present and discuss the analysis of the included material. This will include the active involvement of the course participants who will be asked to discuss and provide feedback on the parameters for the analysis of the manual-based treatments.

## **Kira Vibe Jespersen: Does music improve sleep?**

**Supervisors:** Peter Vuust, Morten Kringelbach, Eus van Someren  
Aarhus University, Institut for Klinisk Medicin - Center for Music in the Brain

**Titel of the study:** Better night – better day

### **Research questions:**

1. Can listening to music at bedtime improve sleep in adults with insomnia?
2. Can music listening affect objective measures of sleep? If so, what aspects of sleep are affected?
3. What mechanisms of action may be involved in the influence of music on sleep?
4. Are improvements in sleep related to improvements in daytime functioning?

**Research design:** Randomized controlled trial with three parallel groups. Fifty-seven participants with primary insomnia are included (19 in each group).

Group 1: listens to music at bedtime (intervention group)

Group 2: listens to audio book at bedtime (active control)

Group 3: receives no intervention (passive control).

The participants in the music and audio book group receives a musicplayer designed to be used in bed and are asked to listen to music/audio book every night at bedtime for three weeks. Sleep is measured before and after the three-week intervention period.

**Method:** The study is based on quantitative methods. Sleep is measured via both subjective measures (standardized questionnaires) and objective measures (polysomnography and actigraphy). Researchers assessing the sleep data are blinded to group allocation.

**Current state of the study:** I am currently finishing the data collection and preparing for statistical analyses.

### **Topic for the presentation:**

The presentation will focus on the field of music and insomnia. I will give an introduction to the existing research in this field and present an overview of the current study. The presentation will focus on the potential mechanisms of actions involved in the impact of music on sleep, such as the physiological, emotional and cognitive effects of music that may be relevant in relation to insomnia.

## **Tove Stenderup: Music activities for people with acquired brain injury: Collecting data, structuring my first article and considering the concept "livsduelighed"**

**Supervisors:** Hanne Mette Ridder and Julie Borup Jensen

**Title of the study:** Music activities for people with acquired brain injury

**Research questions:** In Danish: Hvordan kan pædagoger i en tværprofessionel opgaveløsning inden for rammerne af tilbud om bostøtte samt aktivitets- og samværstilbud, jf. Lov om Social Service, anvende planlagte musikaktiviteter med fokus på individuelle indsatsmål hos borgere med erhvervet hjerneskade og dermed øge borgerens livsduelighed?

**Research design:** Research shows that music activities help people with acquired brain injury to improve quality of life. Music activities may support speech, motor function, memory and increase satisfaction in a social context. It is common practice in Denmark for people with acquired brain injury to live in their own home after leaving the hospital. In the law *Lov om social service* (LBK nr 1270 af 20/10/2016) it is possible to get support in different ways. In Denmark we call it 'bostøtte' (§85) (housing assistance) and 'aktivitets- og samværstilbud' §104) (activity and social interaction). This study is a plan, which indicates how music activities are included in this context.

**Method:** The methodological approach is Action research. Data collection is conducted in cooperation with 'pædagoger' and residents of rehabilitation facilities from Ikast-Brande municipality. Currently, I am exploring and analyzing websites of the 15 largest municipalities in Denmark to learn about which music activities they are offering people with acquired brain injury.

**Current state of the study:** Enrolment period 01.01.16-31.12.19.

Second Progress-report approved. Period for data collection: 06.16-10.17

### **Topic for the presentation:**

I will present data from my research. I would like to discuss my findings. I am interested in the concept 'Livsduelighed', which has evolved from the first phase of data collection. This concept is a construction from the learning theory and John Dewey's concept 'duelighed' (competence), and related to the competence of managing life 'liv', which is embraced in the word 'livsduelighed'. I will write my thesis in Danish and for now, I am interested in the Danish wording and would like to discuss the concept with you.