

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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PhD theses

Kristin Maya Story: Guided Imagery and Music with military women and trauma. A continuum approach to music and healing

The number of women veterans are increasing in the United States and they have a unique set of challenges upon returning to civilian life, including a high rate of posttraumatic stress disorder (PTSD) and exposure to sexual harassment and sexual assault. This research aimed to explore the use of Music Imagery and Guided Imagery and Music sessions as a treatment option for women veterans with PTSD, and to increase awareness of military sexual trauma. Included in the research are a feasibility study and an Arts Based Research film project.

The doctoral thesis and a summary is available at:

https://www.kommunikation.aau.dk/digitalAssets/418/418030_story_dissertation-without-article.pdf

and will after successful defence be uploaded at: <http://www.mt-phd.aau.dk/phd-theses/>

Susan Hart: Psychometric Properties of the Emotional Development Scale

Due to emotional difficulties, a growing number of children are referred to regional educational-psychological advisory services and child psychiatric services with mental problems related to emotional vulnerabilities. The neuroaffective developmental psychology framework is a way of understanding children's normal emotional development and of examining how this development may be promoted or disturbed by relational issues. Within this theoretical framework, the researcher has developed a measurement tool to assess the current emotional functioning level of 4–12-year-olds.

The doctoral thesis and a summary is available at: https://www.mt-phd.aau.dk/digitalAssets/435/435712_phd_thesis_susan_hart.pdf

and will after successful defence be uploaded at: <http://www.mt-phd.aau.dk/phd-theses/>

Unni Tanum Johns: Musical Dynamics in Time-Limited Intersubjective Child Psychotherapy

In this project Unni Johns developed a method for analysing child psychotherapy and analysed in detail small episodes with six children suffering from anxiety and depression using musical concepts of e.g. rhythm and tempo. Unni Johns found some patterns which indicated how a 'musical looking glass' can clarify the role of nonverbal communication for the capability to share and express emotional experiences. Such knowledge is essential for how therapists can reach a better understanding of the role of nonverbal communication in child psychotherapy to help children who has emotional difficulties.

The doctoral thesis and a summary is available at:

https://www.kommunikation.aau.dk/digitalAssets/424/424151_unni-tanum-johns_dissertation_final.pdf

and will after successful defence be uploaded at: <http://www.mt-phd.aau.dk/phd-theses/>

One page summaries

Dana Yakobson: Music Therapy for preterm-infants and their parents

Supervisors:

- 1) Assoc Prof. Dr. Bolette Daniels Beck – Doctoral Program of Music Therapy, AAU, Denmark.
- 2) Prof. Dr. Christian Gold, Doctoral Program of Music Therapy, Aalborg University; Grieg Academy, Music Therapy Research Center (GAMUT), Uni Health, Bergen, Norway.
- 3) Prof. Dr. Cochavit Elefant, Head of Graduate School of Creative Arts Therapies, University of Haifa, Israel

Titel: Music therapy for preterm infants and their parents: A cluster-randomized controlled.

Research questions:

What are the effects of combined family-centered MT and Kangaroo Care (KC)(skin-to-skin holding position) compared to KC alone, **on**

1. Preterm infants' physiological variables and autonomic stability
2. Parental (fathers and mothers) anxiety levels
3. Attachment between preterm infants and their parents

Research design: A single-center, time-cluster-randomized controlled trial with two parallel arms.

Method: Seventy-two infants and their parents (mothers and/or fathers) will be recruited (aiming to reach to 60 infants which completed all sessions and measures). The trial's entire period will be divided in advance into 12 clusters of two months long. Each “time cluster” will be randomized to either combined MT and KC or KC alone. All parent-infant dyads (i.e. mother and infant, father and infant, separately) will participate in two sessions of the assigned intervention during the first two weeks following enrolment, and in a three-month follow-up session at home.

Current state of the study: Towards the end of data collection period in the hospital! Recruitment has commenced in May 2017. The current cluster, no. 9 has begun in 27/9/2018. Currently, 58 infants have been recruited, including 48 mothers and 17 fathers (8 pairs of twins). Follow-sessions at home had high participation rate so far. A music therapy Master student has joined the research team and started to interview parents (face to face and by phone), about their subjective experiences from participation in MT sessions with their infant. This information will be collected for a Master Thesis. The first PhD article, the research protocol, was submitted for publication to the Journal of Music Therapy in June 2018. The study was also presented in August 2018, at the Nordic MT conference in Sweden.

Topic for the presentation: Summary of the data collection period- progress, main challenges, reflections and conclusions. Preparations for the next stage- data analysis.

Gabriella Rudstam: Steady headway in unsteady times: work in progress.

Supervisor: Bolette Daniels Beck, Lars Ole Bonde and Hans Peter Söndergaard.

Statistician: Ulf Elofsson

Title of the Study: *Trauma-focused Group Music and Imagery (GrpMI) with women suffering from PTSD/complex PTSD. A Randomized Controlled study with Mixed Methods design.*

Study aims/Research questions: The purpose of the study is to explore if trauma-focused GrpMI can be helpful in the treatment of women suffering from physical/ psychological and /or sexual abuse and often also childhood abuse.

Quantitative questions.

Can participation in trauma-focused GrpMI for women suffering from PTSD/CPTSD compared to waiting list controls? Primary and secondary measures:

1. Primary outcome: reduce PTSD symptoms
2. Reduce dissociation
3. Enhance quality of life
4. Increased capacity for autonomic (ANS) regulation

Qualitative questions.

5. Which characteristic features and developmental processes can be observed in the imagery of women with PTSD / CPTSD during participation in trauma-focused GrpMI?
6. In what way might the choice of music influence participant's imagery?
7. What do the participants experience as helpful in trauma-focused GrpMI?

Research Design: Convergent parallel mixed method study with a randomized controlled trial.

Current State of Study: Enrolled September 2014. PhD plan submitted December 2014. Elaborate Proposal submitted February 2016 and approved Mars 2016. Feasibility study completed spring 2016. First article presenting results of the feasibility study submitted January 2017 and in press autumn 2017. Data collection for the RCT initiated autumn 2016. The last group completed its work in June 2018 and the last follow-up measure was completed in September 2018. Eight groups have been treated. Groups 1, 3, 5, and 7 were randomized to treatment groups and groups 2, 4, 6 and 8 to waiting list-controls. Waiting list-control groups were provided the same treatment as the original treatment groups after a three months waiting period.

Topic: In this presentation, I will introduce preliminary results from the self-rating scales, some results from the psychophysiological measures in the RCT, as well as ongoing work with qualitative measures in the study.

Julie Kolbe Krøier: Understanding and use of attunement in Dementia Care - A kaleidoscopic dance

Supervisors: Professor Hanne Mette Ridder, Aalborg University & Professor Brynjulf Stige, Grieg academy of Music Therapy research, Bergen University.

Title of the study: Exploring person attuned musical interactions (PAMI) between carers and persons with moderate to severe dementia living in nursing homes

Research questions:

1. How can PAMI between carers and persons with dementia be understood according to evidence-based research (paper 1)?
2. How do music therapists experience PAMI in their practice with persons with dementia (paper 2)?
3. a) How does PAMI unfold in the practice between carer and the person with dementia
b) Which musical components define PAMI with persons with dementia living in nursing homes (paper 3)?
4. How can PAMI can be disseminated to carers through a manual (together with the PAMI group, paper 4)?

Research design: A multi-source strategy will be applied incorporating different kinds of data to integrate theory and clinical practice. The PhD will contain three interrelated parts that each explores PAMI from a different perspective (See research questions).

Method: The PhD is a qualitative research study and interpretivist methods will be applied in order to answer the research questions. In the first paper a meta-ethnographic approach (Noblit and Hare, 1988) will be used in synthesizing existing literature on attunement in Dementia Care. In the second paper phenomenological text analysis will be applied to analyze interview data from workshops with music therapists working in Dementia Care. Finally, I will conduct ethnographic field studies of carers interacting with persons with dementia in the third part of the PhD.

Current state of the study: A meta-ethnographic synthesis of attunement in Dementia Care has been conducted and I am preparing for the second part of the research process, which will focus on how music therapists experience PAMI in their practice in dementia Care.

Topic for the presentation: I will present the results revealed from the meta-ethnographic synthesis and discuss these through mentalization-theory and theory of communicative musicality. I will furthermore discuss whether and how the concept of attunement could be relevant in a conceptual understanding of psychosocial dementia care.

Nicky Haire: Investigating humour in music therapy

Supervisors: Professor Raymond MacDonald, University of Edinburgh; Dr. Rachel Darnley-Smith, University of Roehampton and Professor Jonathan Wyatt, University of Edinburgh.

Title of the study: Investigating humour in music therapy

Research questions:

What is the experience of humour in music therapy?

- How do improvisation and humour combine in music therapy?
- How is humour involved in relationships in music therapy?

Research design: This study is embedded in interpretivist phenomenological epistemology. I am arranging open-ended interview meetings with music therapist and client dyads (n= max 10 dyads/20 people) focussing on work with persons with dementia.

Method: I am using purposive sampling to identify music therapist and client dyads focussing on music therapists with over five years experience. Interview meetings will involve a modified version of video elicitation methods (Henry & Fetters, 2012; Strange, 2017) using video or audio examples of humour to spark off responses to, and discussion around, experiences of humour in the music therapy work. These interview meetings will be filmed and analysed using reflexive methods (Finlay, 2011) incorporating arts based improvisation responses (Gerge et al. 2017; Schenstead, 2017).

Current state of the study: I am in year 2 of a full-time PhD study. In year 1, I carried out a literature review, which will be published in the Nordic Journal of Music Therapy (accepted 30.9.18). I also investigated research methods and undertook a pilot study in order to develop the study methods and design. I am now preparing to carry out data collection and have interview meetings confirmed between late November – February 2019.

Topic for the presentation:

I would like to briefly speak about my literature review, and then go into more depth about my pilot study and how this has influenced my methodology and design. I will also then outline my plan for the next year involving data collection.

References:

- Finlay, L. (2011). *Phenomenology for therapists: researching the lived world*. Hoboken, N.J: J. Wiley.
- Gerge, A., Wärja, M., & Nygaard Pedersen, I. (2017). Using Aesthetic Response - A Poetic Inquiry to Expand Knowing, Part I: The Rx6-Method. *Voices: A World Forum for Music Therapy*, 17(1).
<https://doi.org/10.15845/voices.v17i1.890>
- Henry, S. G., & Fetters, M. D. (2012). Video Elicitation Interviews: A Qualitative Research Method for Investigating Physician-Patient Interactions. *The Annals of Family Medicine*, 10(2), 118–125.
<https://doi.org/10.1370/afm.1339>
- Schenstead, A. R. (2012). The Timelessness of Arts-Based Research: Looking Back Upon A Heuristic Self-Study and the Arts-Based Reflexivity Data Analysis Method. *Voices: A World Forum for Music Therapy*, 12 (1).
<https://doi.org/doi:10.15845/voices.v12i1.589>
- Strange, J. (2017) Assistants as Interaction Partners in Strange J., Odell-Miller, H., & Richards, E. (Eds.). (2017). *Collaboration and assistance in music therapy practice: roles, relationships, challenges*. (pp. 22-36). London ; Philadelphia: Jessica Kingsley Publishers.

Shilar Ingrid Menta: Music Therapy applied to employees of a Brazilian university and the essential characteristics of the music therapist organisations context

Prospective PhD student. In consultation with Gustavo Schulz Gattino and Gustavo Araújo

Title of the study: Music Therapy applied to Udesc employees

Research questions:

1. How can music therapy contribute to encouraging integration and collaboration to the development of a better quality of life, reducing the stress level of an institution's employees from group therapy sessions?
2. What are the possibilities of action and the essential characteristics of the music therapist to act with organisations?

Research design: Qualitative, intrinsic case study

Method: During 11 weeks, 11 patients attended in a music therapy group, which followed the line improvisational music therapy. One of the patients was used to serve as a case study, bringing his testimonies about their experience in some of the sessions.

The current state of the study: The research is finished. However, this investigation is leading to the development of a new research project, which is in the literature review stage.

The topic for the presentation: In this presentation, I will describe the results from the case study and the first initiative on the new project in this area (mainly, the literature review about this topic). I would like to receive feedback on the possible research designs and analysis methods for my the future investigation in this area, considering the findings of my previous research.

Tim Honig: Project Overview – GIM in the Treatment of Depression

Supervisors: Dr. Niels Hannibal, Dr. Cathy McKinney

Title of the study: Treatment Effects of the Bonny Method of Guided Imagery (GIM) in the Treatment of Depression

Research questions:

Primary research question: Is a series of Bonny Method of GIM an effective treatment for persons with depression?

Phase I: Development of treatment fidelity tool. Aim: Develop an instrument to measure treatment fidelity for research purposes.

Phase II: RCT. In individuals with depression, does a series of GIM sessions a) reduce severity of depression, b) reduce severity of anxiety, or c) improve mental wellbeing in comparison to a control group?

Phase III: Case study 1. How does the client experience change in their lived experience of depression over the course of a series of GIM sessions? 2. How and to what extent are the three following factors related: the client's experience of change in their lived experience of depression, the client's imagery and session content, and the client's quantitative outcome measures of depressive symptomatology?

Research design: Mixed design with waitlist control group; mixed-methods case study

Method: Randomized controlled trial with a wait-list control group; descriptive case study using multiple types of data including interview, session materials, and quantitative data pertaining to the dependent variables

Current state of the study: Ethics review through the Appalachian State University Institutional Review Board has been completed and will be submitted upon final approval by supervisors, anticipated soon. Recruitment materials have been prepared. Upon approval by the Ethics Review, I will begin recruitment through area mental health agencies. I hope to begin recruitment by February or March 2019. For developing the treatment fidelity tool, I developed a method and have organized a group of consultants to compile elements of GIM.

Topic for the presentation: Overview of the project: GIM in the Treatment of Depression

1. Background and statement of the problem: Literature describes GIM in the treatment of depression and presents promising findings related to depression, mood, and anxiety with other clinical and non-clinical populations.
2. Discuss development of a Treatment Fidelity tool. Rationale: to improve internal and external validity. Aims: be descriptive, allow for variation, and efficient to implement/analyze.
3. Discuss design and method for RCT: Individual GIM versus waitlist-control with GrpGIM with depression, anxiety, and mental wellbeing as dependent variables. Outline recruitment sources and research timeline.
4. Mixed-Methods Case Study rationale, discuss data sources including interview, session transcripts and artwork, therapist notes, assessment data

Tove Stenderup: The role of pedagogues in creating musical relationship with people with acquired brain injury. Analysing and coding action research data.

Supervisors: Hanne Mette Ridder and Julie Borup Jensen

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

Research design:

Research shows that music activities help people with acquired brain injury (ABI) 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 for example §85 housing assistance and §104 activity and social interaction. The aim of the study is to explore how music activities are included in this context.

Method:

The methodological approach is Action research. Data collection is conducted in cooperation with 'socialpædagoger' (social workers/social educator/...) and residents of rehabilitation facilities from Ikast-Brande municipality.

Current state of the study:

Enrolment period 01.01.16-31.12.19.

Third Progress-report approved

Period for data collection: 06.16-12.17

Stenderup & Jensen (2018). *Musik og meningsfuldhed hos mennesker med hjerneskade i Socialpædagogik*, 2018 (2), p. 24-37.

Stenderup & Ridder. *Musikalske samhandlinger som socialpædagogisk intention hos mennesker med erhvervet hjerneskade*. Manuscript.

Topic for the presentation:

In the process of coding the data, I found four categories showing positive expressions from the residents and the social pedagogues. In one category, music was not included. In discussing this, I suggest several reasons. I will present and discuss my current work in the process.

Lectures and workshops at the course

Anthony Meadows: Music and imagery research studies

Anthony Meadows, associate professor, director of Music Therapy and coordinator of Graduate Music Therapy at Shenandoah University. BA (1988) of music therapy from the University of Melbourne (Australia) and MA (1996) and PhD (2002) from Temple University. Meadows has worked as a music therapist in a school setting for children with multiple disabilities and at the Joan Karnell Cancer Center at Pennsylvania Hospital. Meadows has published widely in music therapy, including “Developments of Music Therapy Practice: Case Study Perspectives” (2011). In 2012 he was appointed Editor of Music Therapy Perspectives, one of the premier music therapy journals in the United States. He also serves on the AMTA Assembly of Delegates. <https://www.su.edu/faculty-staff/faculty/anthony-meadows/>

Cathy McKinney: Finding Meaning in the Numbers: Analysing Data in Quantitative and Mixed Methods Outcome Studies

In this lecture we will go through the basics of statistics to recognize and choose appropriate statistical methods for the data. We will go through (a) nonparametric vs parametric tests with advantages and disadvantages of each, (b) assumptions of parametric tests including levels of measurement, distribution, homogeneity of variance, sample size, (c) limitations of *p*-values and tests of practical significance with mention of confidence intervals, (d) more detailed examination of effect size.

Cathy McKinney, professor and coordinator of music therapy, teaches in the areas of music therapy in mental health, music therapy in health care, clinical improvisation, supervision, advanced topics in music therapy, and the Bonny Method of Guided Imagery and Music (GIM). A Fellow of the Association for Music and Imagery, she is the editor of the Journal of the Association for Music and Imagery. Dr. McKinney has published in music therapy, psychology, and behavioral medicine journals. Her primary area of research is the psychological and physiological effects of GIM in healthy adults as well as in adults with medical or mental disorders. The Board of Governors of the University of North Carolina awarded her the Award for Excellence in Teaching in 2009. <https://music.appstate.edu/faculty-staff/directory/dr-cathy-mckinney-mt-bc>



Felicity Baker: Developing fidelity approaches in objectivist research

Felicity Baker: The pleasure and excitement about publishing in refereed journals

Felicity Baker is professor, head of music therapy, and Director, International Research Partnerships for the Creative Arts and Music Therapy Research Unit at the University of Melbourne. She is former Australia Research Council Future Fellow (2011-2015) in the area of music therapy and during this fellowship built models of songwriting as practiced through the lenses of different orientations. Her clinical and research expertise are predominantly in neurorehabilitation and dementia with a special interest in communication rehabilitation and facilitating emotional adjustment to a changed identity via various music therapy methods. She is currently Associate Editor, Journal of Music Therapy. Felicity has received a number of awards and has published widely with over 150 publications.

<https://findanexpert.unimelb.edu.au/display/person89810>

Gustavo Gattino: Music therapy research: quantitative designs, statistics and bias

Introduction of the main quantitative research designs in music therapy and the possible bias in each of these research designs. The designs will be presented with practical examples considering their characteristics and statistical aspects such as P value, descriptive statistics, statistical tests and confidence intervals. It will be discussed how to interpret the statistical information and how this is related to the proposed research design.

Gustavo Schulz Gattino, PhD, is assistant professor 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 as 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. vbn.aau.dk/en/gattino@hum.aau.dk

Joy Allen: Music Therapy Research at Berklee

Brief overviews of what we are working on within our new Music + Health Institute, including info on chronic pain study and veterans study.

Joy Allen joined Berklee as chair of the Music Therapy Department in August 2016. She is an accomplished clinician, supervisor, researcher, teacher, and administrator with extensive experience in psychological health, pain management, and the family system. Allen has expertise working with children, adolescents, and adults with mental health issues applying a family systems approach. She is particularly passionate about working with individuals and families facing chronic illnesses, including cancer. Her current research interests include quantitative analysis of the effects of music therapy on the psychological health of medical patients, guided imagery and music with medical patients, and medical music therapy theory development and efficacy. She comes to Berklee from Loyola University in New Orleans where she served as coordinator of music therapy and associate professor.

<https://www.berklee.edu/people/joy-allen>

Leslie Bunt: Erasmus+ project (STALWARTS–Sustaining Teachers and Learners with the Arts)

Leslie Bunt, MBE, BA (Bristol), PGCE (Exeter), LGSM(MT), PhD (City), FAMI, FRSA, Professor in Music Therapy, Health and Social Sciences, University of the West of England. Leslie has worked as a music therapist with children and adults across the lifespan and with wide-ranging healthcare needs. He was awarded the first PhD in music therapy (City) in 1985 for his outcome-based studies with children. Leslie set-up the first part-time PGDip in Music Therapy at the Department of Music, University of Bristol in 1992. This evolved into a MA in 2006 when the course was transferred to UWE. In 2009 Leslie was awarded an MBE for his services to music therapy. In addition to his work as music therapist, trainer and researcher Leslie is also a freelance conductor. He is a Fellow of the Royal Society of Arts and a Freeman of the Worshipful Company of Musicians. www.lesliebunt.com

Literature to be read for the November 2018 PhD course

Burns, D. S., Meadows, A. N., Althouse, S., Perkins, S. M., & Cripe, L. D. (2018). Differences between Supportive Music and Imagery and Music Listening during Outpatient Chemotherapy and Potential Moderators of Treatment Effects. *Journal of music therapy*, 55(1), 83-108.

Baker, F. A., Silverman, M. J., & MacDonald, R. (2015). Reliability and validity of the meaningfulness of songwriting scale (MSS) with adults on acute psychiatric and detoxification units. *Journal of music therapy*, 53(1), 55-74.

Hart, S. (2018). Psychometric Properties of the Emotional Development Scale. PhD thesis, AAU.

Johns, U. T. (2018). Musical Dynamics in Time-Limited Intersubjective Child Psychotherapy. PhD thesis, AAU.

Story, K. M. (2018). Guided Imagery and Music with military women and trauma. A continuum approach to music and healing. PhD thesis, AAU.