



Music Therapy Research: A showcase of 50 years of funding by The Music Therapy Charity

Programme

Friday 3rd May 2019

9.30 am to 6.00pm

A showcase of projects funded by the Music Therapy Charity, jointly arranged with and hosted by the Centre for International Research in Arts and Play Therapies, Roehampton University

Celebrating the 50th Anniversary of the founding of the Music Therapy Charity, the national organisation dedicated to supporting the highest standards of practice, research and training in music therapy.



Programme

09.30	Registration Coffee
10.00	Welcome Lady Caroline Borg , Governor of The Music Therapy Charity Professor Anna Seymour , Director, Centre for Internalonal Research in Arts and Play Therapies (CIRAPT), University of Roehampton
10.15	Professor Leslie Bunt MBE , Professor in Music Therapy, University of the West of England, Bristol Themes from music therapy research sponsored by The Music Therapy Charity: a review and some challenges. Chair: Professor Helen Odell-Miller, OBE , Director the Cambridge Institute for Music Therapy Research, Anglia Ruskin University
11.30	Snapshots : Music Therapy research in the UK Professor Amelia Oldfield : Music therapy with young children with autism and their families; looking back and looking forward Veronica Austin : Towards a Consensus: A Meta Framework Approach. Assessing and Evaluang Music Therapy for Young People with Intellectual disabilities in UK special schools. Dr Stella Compton Dickinson : Group cognlve analytic music therapy: a quasi-experimental feasibility study conducted in a high secure hospital Dr Claire Flower : Music Therapy with Children and Parents: Practice as Ecology Drr Lisa Margetts : “This is special contact with the child.” Re-conceptualising relationships between classroom practitioners and children with complex needs through music therapy consultation Dr Panos Ntourntoufis MA, PhD, DIC: Practical quantitative evaluation of music therapy with young adults with complex conditions Dr Jonathan Pool PhD, MA, BA (Hons): Evaluating the Validity, Reliability and Clinical Utility of the Music therapy Sensory Instrument For Cognition, Consciousness and Awareness (MuSICCA) Dr Jo Tomlinson : Music therapist collaboration with teaching assistants for facilitating verbal development in young children with special needs Dr Giorgos Tsiris : Towards hybridity: researching spirituality in music therapy Chair: Tessa Watson Head of Arts and Play Therapies programmes and Convenor, MA Music Therapy programme, University of Roehampton
13.00	Lunch Poster Presentations Bookstall
14.00	Dr Philippa Derrington , Programme Leader and Senior Lecturer, Queen Margaret University, Edinburgh Connecting with young people in music therapy: the value of practice-led research Chair: Dr Carol Gregory ,Honorary Consultant Psychiatrist, Cognitive Analytic Therapist and Supervisor
15.30	Tea Introduction to British Association Of Music Therapy Research Network Emma Windle, Research Network Coordinator/ BAMT Research research@bamt.org
16.00	Professor Jörg Fachner Professor of Music, Health and the Brain, Co-Director of the Cambridge Institute for Music Therapy Research, Anglia Ruskin University Investigating moments of interest of the therapeutic relationship with social neuroscience methods in music therapy Chair: Dr Rachel Darnley-Smith , Senior Lecturer Music Therapy, University of Roehampton
17.00	Reception Hosted by the Department of Psychology, University of Roehampton Music: Led byMusic Therapy Students, University of Roehampton
18.00	Close

Outline of presentations

<p>Themes from music therapy research sponsored by The Music Therapy Charity: a review and some challenges. Professor Leslie Bunt The MTC has contributed significantly to the development of the music therapy profession and discipline in the UK. Much research has focused on music therapy applications across the lifespan and within different contexts. This review will celebrate the work of MTC researchers and include themes from outcome-based studies; understanding the musical and theoretical processes; assessment and evaluation; action-based research and working collaboratively. What are some of the challenges for the music therapist as artist within the current climate of accountability and search for evidence?</p> <p>Music therapy with young children with autism and their families; looking back and looking forward Professor Amelia Oldfield Amelia Oldfield will briefly outline the results of her PhD research completed in 2004. Part of this research was devoted to analysing videos of music therapy sessions with ten pre-school children with a diagnosis of autism and their parents. These same families were then invited back for interviews in 2017 to reflect on what they remembered about the past music therapy work. A documentary film was made combining excerpts of the music therapy sessions with excerpts of the interviews. A short clip of the film will be shown.</p> <p>Towards hybridity: researching spirituality in music therapy Dr Giorgos Tsiris This presentation gives an overview of my doctoral research (2011-2017) in music therapy and spirituality. Partly funded by the Music Therapy Charity, my research included two complementary studies: an international survey and an ethnographically-informed exploration of spirituality. In addition to outlining key findings, this presentation focuses on the contribution of this research to the spiritual discourse in the field including the widening of our current methodological orientations. The need for a ‘hybrid pneumatology’ is put forward where spirituality is conceptualised as a ‘boundary object’; a hybrid construct within which multiple and unfinished spiritualities can co-exist.</p> <p>Music Therapy with Children and Parents: Practice as Ecology Dr Claire Flower In recent years there has been significant growth in music therapy practice with children and parents. Recently completed doctoral study in this area investigated the enactment of music therapy, both at the micro-level of a single session, and across the broader meshwork of people, places, and events beyond the therapy room. This presentation highlights key findings from this practice-led, phenomenologically-informed study. It introduces the ‘ecological attitude’, suggesting its relevance in understanding the complex crafting of child, parent, and therapist. It also comments on professional and institutional tensions arising from the findings, and points towards future research possibilities.</p> <p>Music therapist collaboration with teaching assistants for facilitating verbal development in young children with special needs Dr Jo Tomlinson</p> <p>Investigating moments of interest of the therapeutic relationship with social neuroscience methods in music therapy Professor Jörg Fachner <i>Cambridge Institute of Music Therapy Research, Anglia Ruskin University, Cambridge, UK.</i></p> <p>Social neuroscience researches the neural underpinnings of social interactive behaviour (1, 2). A core element of music therapy is the interaction between a patient and a therapist, often engaged in dyadic clinical improvisation or in music listening and verbal reflection on the process of listening or music making. During these interactions, some segments can be regarded as being of indicative importance for patients’ development in therapy. To study the underlying neural dynamics of such moments of clinical interest (MOIs), we employ an in situ, we recorded the continuous brain activity of a patient and therapist simultaneously. In order to study the shared neural dynamics and emotional processing underlying the above-mentioned specific segments the recording was combined with synchronized audio and video recordings.</p> <p>We have investigated a series of dual EEG case studies to study the emotional processing during therapy and will report on the music therapy improvisation of dementia and depression cases, as well as a Guided Imagery in Music study with a patient coping with loss.</p> <p>Based on identified moments of interest during the sessions, we analyzed the cortical frontal alpha asymmetry (FAA), which is a well-established measure of central emotional processing (3), also indicating roles in social interaction (4). More specifically, we were interested in how the temporal FAA dynamics (5) changed during these moments and the interplay of peak emotional events in both participants, indicating shared emotional processing. Results suggest that cortical frontal asymmetries seem to be a promising tool for neuroscientific investigations into music therapy processes.</p> <p>References 1. Pfeiffer U, Timmermans B, Vogeley K, Frith C, Schilbach L. Towards a neuroscience of social interaction. <i>Frontiers of Neuroscience</i> [Internet]. 2013, DOI:10.3389/978-2-88919-104-8. 2. Fachner J. The Future of Music Therapy Research in Neuroscience. In: Dileo C, editor. Envisioning the future of music therapy. Philadelphia: Temple University; 2016. p. 133-9. 3. Fachner J, Gold C, Erkkilä J. Music therapy modulates fronto-temporal activity in the rest-EEG in depressed clients. <i>Brain Topography</i>. 2013;26(2):338-54. 4. Konvalinka I, Bauer M, Stahlhut C, Hansen LK, Roepstorff A, Frith CD. Frontal alpha oscillations distinguish leaders from followers: multivariate decoding of mutually interacting brains. <i>Neuroimage</i>. 2014;94:79-88. 5. Allen JJB, Cohen MX. Deconstructing the ‘resting’ state: Exploring the temporal dynamics of frontal alpha asymmetry as an endophenotype for depression. <i>Frontiers in Human Neuroscience</i>. 2010;5:12.</p> <p>Music Therapy with Children and Parents: Practice as Ecology Dr Claire Flower</p> <p>In recent years there has been significant growth in music therapy practice with children and parents. Recently completed doctoral study in this area investigated the enactment of music therapy, both at the micro-level of a single session, and across the broader meshwork of people, places, and events beyond the therapy room. This presentation highlights key findings from this practice-led, phenomenologically-informed study. It introduces the ‘ecological attitude’, suggesting its relevance in understanding the complex crafting of child, parent, and therapist. It also comments on professional and institutional tensions arising from the findings, and points towards future research possibilities.</p> <p>“This is special contact with the child.” Re-conceptualising relationships between classroom practitioners and children with complex needs through music therapy consultation Dr Lisa Margetts</p> <p>This presentation will give an overview of doctoral research undertaken in 2014 and supported by Music Therapy Charity together with SEMPRe. The project responded to a request from Children’s Rehabilitation Centre Minsk, Belarus for music therapy-based support in developing relationships with children with complex needs. Built around a new staff development programme, this mixed-methods study found that participants required support to maintain two levels of awareness – the internal process of change in perceiving and empathising with the child which then underpinned the development of concrete musical interactional skills. There was also qualitative data to indicate that resulting positive changes in these relationships also benefitted participants in terms of reduced stress levels and enhanced enjoyment at work.</p>
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Biographies - Keynote Speakers



Professor Leslie Bunt

Leslie Bunt studied music therapy with Juliette Alvin at the Guildhall School of Music and Drama (1976-7). In 1980 he was the MTC's first Research Fellow at The City University (PhD, 1985), then Governor (1985-2010). Leslie has worked as practitioner, trainer (since 1980) and researcher, presenting at national and international conferences, currently Professor in Music Therapy at the University of the West of England, Bristol. In June 2009 he was awarded an MBE for 'services to music therapy'. Leslie is a Freeman of the Worshipful Company of Musicians, a Fellow of the Royal Society of Arts and a freelance conductor.

Connecting with young people in music therapy: the value of practice-led research

Dr Philippa Derrington

My research fellowship from the Music Therapy Charity facilitated in-depth research on music therapy for young people with complex emotional needs. The voices of the young people who took part in the study were central and this presentation includes some of the findings as well as video examples of the work.

I will explore how, in my current post as programme leader of the MSc Music Therapy at Queen Margaret University, Edinburgh, this foundation underpins my music therapy teaching and the development of a PhD programme, and how the voices of the young people continue to inspire and motivate my work.

Practical quantitative evaluation of music therapy with young adults with complex conditions

Dr Panos Ntourtoufis, M.A., Ph.D., D.I.C.

This research stems from clinical work carried out at a London day centre for young adults with learning difficulties and associated complex conditions during 2016-17 (The Centre is called Full of Life and is based in Ladbroke Grove in London). The paper offers a practical means of evaluating these music therapy sessions. Several outcome measures were reviewed and a new evaluation method was proposed which offers the following benefits: it is applicable to a wide range of conditions and clients groups, it requires minimum evaluation time and minimum or no training, and it can easily be extended to include more evaluation criteria.

Towards a Consensus: A Meta Framework Approach. Assessing and Evaluating Music Therapy for Young People with Intellectual disabilities in UK special schools.

Veronica Austin

In my 5 minute talk I present a unique approach to looking at the area of assessment and evaluation of process and progress of young people (11-15 years old) with intellectual disabilities in individual music therapy in UK special schools. This is part of a PhD research investigating important and appropriate assessment and evaluation procedures which is due to be completed late 2019. I will state why it is important to be investigating this area, how a meta-framework approach was derived at and how its contrasts with other ways of looking at the problems in the area of music therapy assessment and evaluation. I will briefly evaluate what the meta-framework reflects about current practice, what is more or less valued and how this could contribute to increased systemisation in this area which will be particularly relevant to therapists and stakeholders concerned with providing and sustaining music therapy in special school settings but also potentially to those working in other settings and organisations too.

Evaluating the Validity, Reliability and Clinical Utility of the Music therapy Sensory Instrument For Cognition, Consciousness and Awareness (MuSICCA)

Dr Jonathan Pool PhD, MA, BA(Hons)

Assessing and treating disorders of consciousness in children and young people is particularly challenging due to neuro-developmental variation throughout developmental periods until maturation. There are currently no validated measures for assessing awareness in this population. Inaccurate assessment of consciousness leads to poor access to rehabilitation and other services, and inadequate stimulation. This study will evaluate the validity, reliability and clinical utility of the MuSICCA – the paediatric version of the Music Therapy Assessment Tool for Awareness in Disorders of Consciousness (MATADOC). This presentation will describe the study protocol.

Group Vocal Improvisation in Music Therapy: research at a crossroads between three great debates

Irene Pujol Torras

Researching the use of group vocal improvisation as a music therapy technique in adult mental health for the past four years has led me to ask myself questions that are at the heart of the 'great psychotherapy debate' of common factors versus specific ingredients as well as the music therapy dilemma between the music-centred versus the relationship-focused approaches whilst having to decide how to research a complex practice where in a healthcare and medically oriented organisation, such as the NHS. This presentation will present different aspects of this process of enquiry its clinical implications.

Group cognitive analytic music therapy: a quasi-experimental feasibility study conducted in a high secure hospital

Dr Stella Compton Dickinson

Dr Compton Dickinson and her team implemented the first feasibility quasi-experimental patient preference study of music therapy for men with severe and enduring mental illness who have committed offences and who are receiving treatment in a secure hospital setting. It is thanks to a grant from the music therapy charity that she was able to devote time to the complex process of mixed methods data analysis over eighteen months. Subsequently she collaborated with her Dutch colleague, Dr Laurien Hakvoort to publish their post- doctoral treatment Manuals in the Clinicians Guide to Forensic Music Therapy. (JKP Publishers 2017)

The role of icaros as therapeutic tools in psycho-emotional healing: An IPA study of musical experiences during the ceremonial practice of traditional Amazonian medicine (TAM) at Takiwasi

Maya Sherwin MMus

Songs play a fundamental role in the practice of traditional medicine throughout the Amazon basin. Alongside plant medicines, often administered in ritual settings, the songs or 'icaros' used by the curanderos or traditional healers of Peru are understood to be powerful healing tools. This interpretive phenomenological analysis (IPA) examined the experiences of 6 participants visiting the Takiwasi Centre in Tarapoto, Peru in March 2018. The study investigates participant experiences of the icaros sung during a single nocturnal healing ceremony involving the ingestion of ethnobotanical decoction ayahuasca. Findings indicate that participant experiences fell across bio-psychophysical, cognitive and spiritual domains.



Dr Philippa Derrington

Philippa Derrington studied music therapy at Anglia Ruskin University, Cambridge. She developed music therapy provision in schools, and specialised in working with adolescents with complex emotional needs. She currently leads the MSc Music Therapy programme and is Senior Lecturer within the Division of Occupational Therapy and Arts Therapies at Queen Margaret University, Edinburgh. She also continues to work as a music therapist with young people. Philippa is a founder member of both the *International Research Network of Music Therapy for Adolescents* and the *International Child Welfare Music Therapy Group*, and is an editor of the *British Journal of Music Therapy*.



Professor Jörg Fachner

Dr. Jörg Fachner is Professor for Music, Health and the Brain and Co-Director of the Cambridge Institute for Music Therapy Research at Anglia Ruskin University, Cambridge, UK; He is researching music and consciousness states, music therapy and treatment of addiction, depression, and in neurorehabilitation; He received a MTC and an Austrian grant and a for investigating hyper-scanning of music therapy processes. He's a specialist for translational issues of interdisciplinary research topics between medical, humanities and music sciences and has published over 120 peer reviewed chapters and articles (visit www.anglia.ac.uk/jorgfachner for a selection) and is currently supervising 10 PhD students. He formerly worked in Witten/Herdecke, Germany and then in an EU project on music and emotion processing in depression and on music therapy in stroke rehabilitation of the FCoE in interdisciplinary music research in Finland.

Biographies - Snapshot Presentations



Veronica Austin

Veronica is studying at Anglia Ruskin University, Cambridge and is part of the Cambridge Institute for Music Therapy Research, Veronica is now in the third year of her PhD supervised by Helen Odell-Miller, Amelia Oldfield and advised by guest professor and social scientist Norma Daykin. The music therapy charity generously granted two small grants to support this research in 2017 and 2018. Today, in a five-minute talk and poster presentation you can find out more about the research to date. Veronica qualified as a music therapist from Roehampton University in 1986, since then she has spent many years working with children and adolescents in special education, charity, community and hospital settings. She is also a former lecturer on the MA Music Therapy Programme at Roehampton (2008-2014), a flute teacher and supervisor to individuals and groups of music therapists.



Dr Stella Compton Dickinson

Dr Stella Compton-Dickinson is an HCPC Registered Music Therapist, ACAT accredited Supervisor and UKCP, BACP registered Cognitive Analytic Therapist. She held the posts of Head of Arts Therapies and Clinical Research Lead in Nottinghamshire Healthcare NHS Trust forensic psychiatric services for fifteen years until 2013. She now focuses on supervising and publishing. She is the author and editor of two books published by Jessica Kingsley publishers, which describe the development of the evidence base for forensic music therapy for the treatment of mentally disordered offenders. Her research was awarded the 2016 Ruskin Medal for the most impactful doctoral project.



Dr Claire Flower

Following a music degree at Manchester University, Claire completed her music therapy training at the Guildhall School of Music and Drama, London. For much of her career she has worked with children and young people in a range of education and health settings. Since 2006, she has worked at Chelsea and Westminster Hospital, where she jointly leads the music therapy team. Claire runs a supervision practice, continues to be involved in training, and currently acts as examiner for the Masters in Music Therapy programme at the Guildhall. She has recently completed doctoral study into music therapy practice with children and parents.



Dr Lisa Margetts

Dr Lisa Margetts is a researcher, author and clinician. She is currently Honorary Research Fellow at University of Roehampton, having gained her PhD in 2018. Lisa's research interests focus on music therapy-based consultation in the UK and overseas. She has been Lead Music Therapist for Norwood for eighteen years.



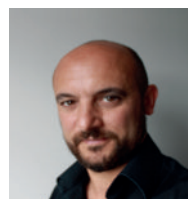
Dr Panos Ntourntoufis

Panos qualified as a music therapist in 2012, from the Guildhall School of Music and Drama in London. Other academic qualifications include an applied sciences degree from the Free University of Brussels, as well as Ph.D. in artificial neural networks from Imperial College in London. Currently, Panos is involved in a number of music therapy projects, both privately and with the NHS, in settings which include adult mental health, learning disabilities, neuro-disabilities and autistic spectrum disorder.



Professor Amelia Oldfield

Dr Amelia Oldfield has worked as a music therapist with children and their families for nearly 40 years. She currently works one day a week as a clinician with pre-school children with developmental difficulties and their families, and two days a week as a professor of music therapy at Anglia Ruskin University. She has published a wide range of books, book chapters and articles, and lectures at conferences and universities all over the world.



Dr Jonathan Pool

Dr Pool works both as a music therapist and researcher, specialising in neurorehabilitation. He was awarded a PhD for his research in brief group music therapy to address cognitive functional gains and emotional needs of adult brain injury survivors in community rehabilitation. Jonathan spends the majority of his time working in paediatric neurorehabilitation. His clinical work includes developing interdisciplinary cognitive interventions for children and young people with acquired brain injury. As a researcher, he is dedicated to developing the knowledge base on the use of music and music therapy in assessment and intervention for people with acquired brain injury.



Irene Pujol Torras

Having started her studies in Barcelona, Irene has a degree in Music and Musicology by Université Paris-Sorbonne (Paris) and an MA in Music Therapy by the Guildhall School of Music and Drama (London). At present, Irene is undertaking a doctoral programme with a clinical part conducted within the National Health Service (NHS). As a registered music therapist, Irene specialises in the area of adult mental health, working with clients with a range of severe psychiatric diagnosis in various psychiatric settings in London.



Maya Sherwin MMus

Maya holds an MMus in Ethnomusicology from SOAS and was an MA research intern at the Takiwasi Centre for the Treatment of Addictions and Research on Traditional Medicines in Tarapoto, Peru in 2018. She is inspired by the potential for interdisciplinary synergies between music therapy and the uses of music for healing in traditional Amazonian medicine. She hopes the current project will serve as a bridge for understanding between Western and indigenous therapeutic modalities.



Dr Jo Tomlinson

Dr Jo Tomlinson has worked in schools in Cambridgeshire, UK since 1995 employed by Cambridgeshire Music. She currently works at Castle School, Cambridge with children with special needs from 3-19 years, and at Richard's Music Therapy Fund, working alongside families with pre-school children. Jo has co-edited two music therapy books, 'Music Therapy in Schools' and 'Flute, Accordion or Clarinet: Using the characteristics of our instruments in music therapy'. Jo completed her doctoral research at Anglia Ruskin University in 2016 based on her collaborative work with teaching assistants in schools and verbal development in young children with special needs.



Dr Giorgos Tsiris

Giorgos Tsiris is the Arts Lead at St Columba's Hospice and Senior Lecturer in Music Therapy at Queen Margaret University, Edinburgh. He is the founding editor of Approaches: An Interdisciplinary Journal of Music Therapy and sDr



The Music Therapy Charity

PRESIDENT:
NICOLA BENEDETTI CBE



Changing Lives

- ◆ **Building Confidence**
- ◆ **Increasing Self-Esteem**
- ◆ **Enabling Social Interaction**

Music Therapy helps people to improve their physical and emotional wellbeing. Supported by a registered music therapist, sessions may involve playing, singing, talking, vocalising, composing, improvising and listening.

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In the last few years we have funded 65 MA Bursaries and 80 Research Grants, totalling £260,000.

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