

Music Production and Mobile Technology in Music Therapy Practice.

This PhD research is a nested study within a wider RCT feasibility study, seeking to examine the efficacy of music therapy within community substance misuse treatment services. The research was designed by teams from the Cambridge Institute of Music Therapy Research, and our partners at v-i-a (formerly WDP).

The aim of the present research is to develop our understanding of how Music Production Technologies and Mobile technologies are utilised. And how, when placing these technologies at the centre of the intervention, the relationship between the participant and therapist evolves (Magee, 2014). Supervising this PhD research are Prof. Jorg Fachner; Dr Clemens Maidhof; and Dr William Campbell.

Data collection for this project was originally planned to commence in mid 2021, however, due to social restrictions in force at this time, data collection was delayed and began in September 2022.

The purpose of the Music therapy Charity Grant has been to support me during the data collection phase. The grant of 1470.00 was used to support the delivery of music therapy sessions for 12 participants, and represented 35% of the music therapy delivery cost for this unfunded project.

During the delivery of music therapy sessions, I was able to collect 50 hours of video recordings, 50 hours of audio recordings, and valuable insight from participants in respect of how they experienced utilising music production and mobile technologies during sessions.

Due to delays in beginning data collection, the analysis is currently ongoing. However, to date I have identified several sessions from both individual music therapy and group music therapy that will be the focus of case studies that examine and contextualise the use of music production and mobile (Smart) technologies in music therapy practice.

To date, I have completed the initial coding of multiple sessions of music therapy where music production and mobile (smart) technology has been placed at the centre of the intervention design. The primary aim of the analysis is to develop an understanding of the relationship between therapeutic mechanisms and music production and mobile (Smart) technologies, and how these technologies serve the therapist and participants during music therapy sessions.

I have presented early findings from the group intervention, where mobile (Smart) technology was utilised, at the WFMT congress in Vancouver (2023). This presentation focused upon how utilising iPads in group music therapy had benefited the therapist and participants, providing novel opportunities for participants to engage.

Furthermore, I have recently presented at a CIMTR PhD day. During this presentation I was able to outline how music production processes can be utilised as a therapeutic process. This case study examines three sessions of individual music therapy where the participant and

therapist engaged in a music production process. Early analysis provides insight into how this process evolves, from improvisation through narrative driven music production.

It is hoped that the output from this research (PhD Thesis; Publications) will provide a number of new hypothesis that can be further tested in future research, and that provide music therapists with new insights as to how music production and mobile technologies can be utilised in music therapy practice through the contextualisation of the therapeutic function of these technologies.