

Abstracts and Information about Presenters



Below you will find the abstracts for the three main presentations in the webinar.

For detailed program and more information, see:

<https://gamut.w.uib.no/event/research-and-practice-hand-in-hand/>

For more information about the Scientific Advisory Committee of POLYFON Knowledge Cluster for Music Therapy, see the final page below.

POLYFON Knowledge Cluster for Music Therapy brings together service users, practitioners, researchers, and administrators collaborating on enabling fair, user-involved, and research-informed development of music therapy services in Norwegian municipalities and hospitals. The Knowledge Cluster is led by Professor Brynjulf Stige at the University of Bergen, and coordinated by the Grieg Academy Music Therapy Research Centre (GAMUT) at the University of Bergen & NORCE.

For more information (in Norwegian), see: <https://gamut.w.uib.no/polyfon/> and <https://www.facebook.com/polyfonmusikkterapi>

Parkinson's Disease and Music Therapy Research: Do Researchers and Patients Want the Same Thing?



Kjetil Vikene, Postdoctoral researcher at The Department for Biological and Medical Psychology, The Faculty of Psychology, University of Bergen

Abstract

For researchers, Parkinson's disease offers a unique possibility to investigate phenomena related to timing, rhythm and movement, because of the specific pathology and the various motor-related and cognitive symptoms of the disease.

Due to neurodegeneration in the basal-ganglia, a region crucial for the processing of rhythm and regularities as well as a crucial component in voluntary movement, the disease has become a model to investigate timing and movement difficulties.

New research is also investigating the connection between musical rhythm processing. and other cognitive challenges in the disease, such as working memory and attention, are promising.

The question is: Promising for whom? Do patients participating in such interventions agree with the research-questions? Do they see the use-value of any results? How well does rhythm research in Parkinson's disease correspond with the self/subjective perception of the disease and its challenges?

A new study starting at the University of Bergen, using a music therapy drum-kit intervention, tries to bridge the gap between brain imaging and quality of life.

References

Nombela, C., et al. (2013). How often does music and rhythm improve patients' perception of motor symptoms in Parkinson's disease? *Journal of Neurology*, 260(5): 1404-1405.

Bella, S. D., et al. (2015). Effects of musically cued gait training in Parkinson's disease: beyond a motor benefit. *Ann N Y Acad Sci*, 1337: 77-85.

Implementation of Music Therapy in Mental Health Services for Children and Families in the Municipality of Bergen



Nina Bolstad, Leader of the Department for Research and Development, The Agency for Children and Family, Municipality of Bergen

Kaja Elise Enge, Music therapist, MA/PhD student, The Agency for Children and Family, Municipality of Bergen

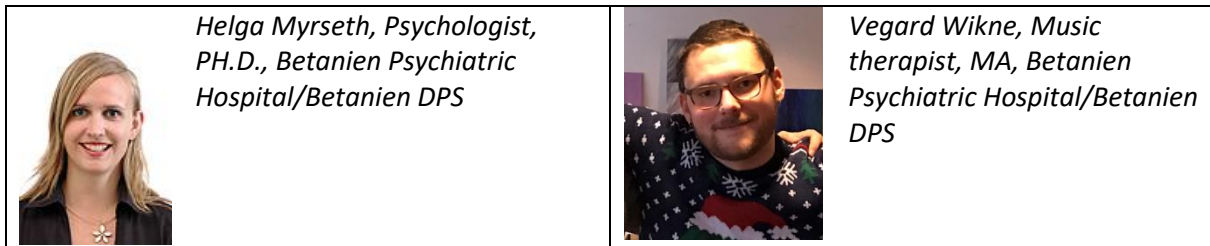
Abstract

“Barne- og familiehjelpen” – the Children and Family Aid – in the municipality of Bergen is a low-threshold mental health service that provides counselling and therapy for children and families that experience mental health challenges or difficulties within the family. The services are accessible without the need for referrals, and families can contact the offices themselves to receive help.

This presentation will focus on the process of developing and implementing music therapy in the Children and Family Aid. We will present political and bureaucratic plans and processes ahead of the decision to implement music therapy, and how these do influence the continuous development of the music therapy practice. We will also present the concrete steps taken in the implementation period, where insights from both research, practice and participants have informed the process. In the end we will describe ‘status quo’; how plans become realities, and the obstacles and successes we have met.

In the discussion we wish to focus on the continuous development of sustainable music therapy practices and on how a collaboration between the practice-field and the research environment can contribute to this. What kind of organisational structures or collaborations could improve the information-flow between research and practice, in order to ensure research-informed services and practice-informed research?

An Exploratory Multiple Case Study of Recovery Processes through Several Types of Interconnected Music Therapy Treatments



Abstract

This presentation will present a small research project at Betanien Psychiatric Hospital where we want to investigate the experience of patients' recovery processes through music therapy at the department of psychosis. We plan to start the data collection process (interviews) in October/November 2020, and would particularly like to get feedback on the methods/analysis, and whether to use narrative or thematic analysis or both.

Background: Recovery may be defined as an individual process of changes in attitudes, values, feelings, goals, skills and/or roles, where the recovery brings new meaning and insight [1]. Music therapy has been found to facilitate recovery processes and to be effective for those who have not recovered from other treatments [2]. Although the effectiveness of music therapy is well documented, less is known regarding which specific factors contribute to recovery for the individual patient. A dose-response relationship in music therapy for patients with serious mental illnesses has been indicated [3]. The qualitative aspect regarding what types of musical activities and treatment options are effective at different stages in the recovery process is less explored.

Aims: The aims of the present study are to investigate what the patients perceive as useful elements within music therapy, and how different elements of music therapy may be perceived as useful at different stages in their recovery process.

Methods: The study is an explorative multi case study where 3 patients will participate in a semi-structured interview about their experiences with music therapy and how different elements/activities (ranging from individual therapy, group therapy to performances) have been useful at different stages in their recovery process.

References

1. Anthony, W. A.(1993). Recovery from mental illness: The guiding vision of the mental health service system in the 1990s. *Psychosocial Rehabilitation Journal*, 16(4), 11-23. doi:10.1037/h0095655
2. Mössler, K., Chen, X.J., Heldal, T.O., & Gold, C. (2011). Music therapy for people with schizophrenia and schizophrenia-like disorders. *Cochrane Database of Systematic Reviews*, 12. Art. No.: CD004025. doi:10.1002/14651858.CD004025.pub3.
3. Gold, C., Solli, H.P., Krüger, V. & Lie, S.A. (2009). Dose-response relationship in music therapy for people with serious mental disorders: Systematic review and meta-analysis. *Clinical Psychology Review*, 29, 193-207. doi: [10.1016/j.cpr.2009.01.001](https://doi.org/10.1016/j.cpr.2009.01.001)

The Scientific Advisory Committee of POLYFON Knowledge Cluster for Music Therapy



Tia DeNora: Professor of Sociology of Music, University of Exeter, UK, SocArts Research Group; ecological understandings of health and wellbeing and the role of music practices in such.



Lars Lien: Leader of the Norwegian National Advisory Unit on Concurrent Substance Abuse and Mental Health Disorders (ROP), physician, specialist in community medicine and psychiatry.



Katrina McFerran: Professor of Music Therapy, University of Melbourne, Australia; Director of the National Music Therapy Research Unit; expert in topic of music, Music Therapy and adolescents; focus on healthy and unhealthy uses of music, and participatory forms of research.



Peter Tyrer: Emeritus Professor of Community Psychiatry, Imperial College, London. Interests include the delivery of community psychiatric services, and the classification and management of personality disorders. He has developed a new treatment, nidotherapy, which aims to help people with mental health issues through making environmental, not personal changes.

All photos on this page are glimpses from presentations and dialogues in the 2019 seminar with POLYFON's Scientific Advisory Committee.