

PHD COURSE IN MUSIC THERAPY RESEARCH **APRIL 22 – 30, 2009**

AALBORG UNIVERSITY, INSTITUTE 11

Rooms and locations in the university

K. 6, Lok.33 = KROGHSTRÆDE 6, ROOM NUMBER 33

F.5, Lok.33 = FIBIGESTRÆDE 5, ROOM NUMBER 33

Teaching on this course will be undertaken by **Dr. Cathy McKinney, Prof. Gro Trondalen and Prof. Tony Wigram**

Prof. Tony Wigram. Professor and Academic Co-ordinator of PhD Studies in Music Therapy, Institut 11, Aalborg University.

Programme

Tuesday 21st April 16.00+ Arrival into Park Hotel. Evening meal from 19.30 on
** : Supervision times with Tony Wigram 12.00-18.00.

Location

Wednesday 22nd April

- 09.30 Meeting of PhD students to discuss the programme **Krogh 6, lok 33**
10.15 **Charlotte Lindvang (Denmark)**(And Supervisor Prof. Lars Ole Bonde)
Creativity in relation to analysis
11.30 Coffee
12.00 **Katerina Mårtensson Blom: Visiting researcher (Sweden)**
Subjectivity, Intersubjectivity and Surrender. A study of GIM protocols
13.15 Lunch and meetings with Hanne Porsborg Clausen/Supervision time
14.30 **Carola Maack (Germany)** (and supervisors Prof. Tony Wigram & Prof.
Lars Ole Bonde *Preparing to Interview Research Participants*
15.45 Tea
16.00 Supervision time (TW – Melody)
19.30 Free evening

Thursday 23. April

LOCATION

- 09.30 **Dr. Cathy McKinney, Appalachia State University, USA Krogh 6, lok 33**
Guest Teacher: *Quantitative research design issues*
- 10.45 Coffee
- 11.15 **Discussion on the themes of Dr. McKinney's presentation**
- 12.30 Lunch and Supervision time. Meetings with Lisbeth Andersen
- 13.45 **Melody Schwantes (USA)**(& Supervisors Dr. Cathy McKinney & prof. Tony Wigram): *Music Therapy with Mexican Migrant Farmworkers*
- 14.45 Afternoon Tea
- 15.15 **Valgerdur Jonsdottir (Iceland)**(& Supervisors Prof. Even Ruud & Ass. Prof. Gro Trondalen) *The current matrix - steps in the process of developing themes.*
- 16.30 Supervision time

Friday 24th April

- 09.30 **PhD Defence: Lisa Summer (USA)** **Auditorium A**
CLIENT PERSPECTIVES ON THE MUSIC EXPERIENCE IN MUSIC-CENTERED GUIDED IMAGERY AND MUSIC (GIM)
Supervisor: Professor Lars Ole Bonde
Examining Committee:
Prof. Inge Nygaard Pedersen (Chair)(Denmark)
Aalborg University, Denmark
Prof. Even Ruud (Norway)
Oslo University, Norway
Dr. Björn Wrangsjö (Sweden)
Stockholm, Sweden
- 10.30 Pause
- 10.45 Discussion with Committee
- 12.15 Open Discussion
- 12.45 Reception
- 14.45 Supervision time
- 19.30 Traditional Dinner and Party for the PhD group, teachers, examiners, guests
At the house of Tony Wigram: H.C.Andersensvej, 28, 2, t.v. 9000 Aalborg

Saturday 25th April

- 09.15 **Dr. Cathy Mckinney Guest Teacher** **Krogh 6, lok 33**
Issues (advantages and challenges) of measuring physiological variables in music therapy research
- 10.30 Coffee
- 11.00 **Discussion on the themes of Dr. Mckinney's presentation**
- 12.15 Lunch and Supervision time.
- 13.30 **Bolette Daniels Beck (Denmark)** (& Supervisors Prof. Tony Wigram & Prof. Lars Ole Bonde): The effect of Bonny Method of Guided Imagery and Music (GIM) on stress-related health problems. A mixed methods experimental study
- 15.00 Afternoon Tea
- 15.15 **Sanne Storm Wich (Faroe Islands)**(& Supervisor Prof. Tony Wigram)
Research into the Development of a Voice Assessment Tool in Music Therapy
- 16.30 Supervision time
- 18.30 Dinner and Party for the PhD group – teachers and students only – At the house of Ulla Holck and Karl-Jørn Flick in Gjøl

Sunday 26th April

- 09.15 **Stine Jacobsen (Denmark)** (and Supervisor Prof. Tony Wigram)
Music Therapy assessment of parenting
Competencies with children at risk
- 10.30 Coffee
- 11.00 **Dr. Neysa Navarro Fernandez (Spain)** (visiting PhD Student from Valodolid, Spain) *Influence of music on Neural Stem Cells behaviour*
- 12.15 Lunch & Supervision time
- 13.30 **Camino Menendez (Spain)** (& Supervisor Prof. Tony Wigram)
Music and Creative arts therapy in Paediatric Oncology.
- 15.00 Tea, Supervision Time, Sunday afternoon relax, walk or visit Lindholm Høje

Monday 27th April

- 09.15 **Prof. Tony Wigram and Dr. Cathy McKinney**
The importance of the discussion chapter: 'Securing your Doctorate in your Thesis'
- 10.45 Coffee
- 11.15 **Ilan Sanfi (Denmark)** (& Supervisors Dr. Hanne Metter Ridder & Dr. Lars Ole Bonde) *A multi-project approach to PhD study.* **Krog 33**
- 12.30 Lunch & Supervision time
- 13.30 **PhD Defence: Dikla Kerem (Israel)** **Auditorium B**
THE EFFECTS OF MUSIC THERAPY ON SPONTANEOUS COMMUNICATIVE INTERACTIONS OF YOUNG CHILDREN WITH COCHLEAR IMPLANTS
Supervisor: Professor Tony Wigram,
Examining Committee:
Associate Professor Ulla Holck (Chair) (Denmark)
Aalborg University
Associate Professor Gro Trondalen (Norway)
Norwegian Academy of Music
Associate Professor Cochavit Elefant (Israel)
Bergen University, Norway
- 14.30 Pause
- 14.45 Discussion with Committee
- 16.15 Open Discussion
- 17.00 Reception
- 19.00 Meal at the university organised by Lisa and Dikla

Tuesday 28th April

- 09.30 **Märith Bergström-Isacson (Sweden)** (& Supervisor Prof. Tony Wigram)
How to interpret data – A first attempt
- 10.45 Coffee
- 11.15 **Søren Hald (Denmark)** (& Supervisors Assoc. prof. Dr. Hanne Mette Ridder & Prof. Tony Wigram)
Interpersonal assessment procedures in Neurological Music Therapy
- 12.30 Lunch (Supervision time and meetings with Lisbeth Andersen)
- 13.30 Meetings of the group – informal discussion time
- 15.15 Afternoon Tea
- 15.45 Presentation (to be announced)
- 17.00 End of day – free evening

Wednesday 29th April

krogh 6, lok 33

- 09.30 **Dr. Gro Trondalen – Guest Teacher: Norwegian Academy of Music**
SOUNDING RELATIONSHIPS - Music Therapy with Young Persons
Suffering From Anorexia nervosa
- 10.45 Coffee
- 11.15 Discussion on the themes in Dr. Trondalen's presentation
- 12.30 Lunch and meetings with Lisbeth Andersen/Supervision time
- 13.45 **Dr. Gro Trondalen – Guest Teacher**
PLAYING WITH AFFECTS... and the importance of “affect attunement”
- 15.00 Tea
- 15.30 Discussion on the themes in Dr. Trondalen's presentation
- 17.00 End of day
- 19.30 Meal together in Aalborg.

Thursday 30th April

This day is free, until the Nordic Conference registration in the afternoon, followed by the Opening Ceremony in the evening

The PhD Courses are in English.

GUEST TEACHER PRESENTATIONS:

Dr. Cathy McKinney

TOPIC 1:

Quantitative design issues, perhaps reviewing some major designs and particularly addressing statistical assumptions that need to be tested, such as those related to repeated measures or "split-plot" factorial designs. These are rarely reported in the music therapy literature.

TOPIC 2:

Issues (advantages and challenges) of measuring physiological variables that are linked in theory and in the literature to psychological variables in which music therapists are often interested, e.g., depression with cortisol.

Prof Tony Wigram & Dr. Cathy McKinney

The importance of the discussion chapter: 'Securing your doctorate in your thesis' requires a well structured discussion. The planning of this important final chapter starts way back when you make a review of the literature in order to build a theoretical frame for your study.

Tony and Cathy will lead off with their ideas, following which participants can engage in a discussion or questions. Examples from other theses will be available. Please find and have ready a discussion section in a thesis that you find interesting and helpful (you can access many of the Aalborg theses on the homepage).

Dr. Gro Trondalen

TOPIC I:

SOUNDING RELATIONSHIPS

Music Therapy With Young Persons Suffering From Anorexia nervosa

This presentation addresses “significant moments” in individual music therapy for a young man and a young woman suffering from Anorexia Nervosa. The therapeutic approach includes musical improvisations and verbal exchange. Both “Self-listening” and “expressive music therapy” are addressed in an outpatient setting.

The empirical data stems from a qualitative research study based on a phenomenological inspired procedure for data analysis including musical and interpersonal data. The theoretical approach is based on a resource oriented psychodynamic tradition, rooted in infant research and dynamic system theory.

Eating disorder pathology generally reflects insufficient reliable self-soothing, tension and mood regulation. The body is used as an external, concrete tool for promoting internal life (“embodiment”).

In the presentation, I suggest “significant moments” in the relating experience through music to be *sequences of regulation*, which may support personal self-agency. Such an autonomy process may strengthen the ability to control and regulate inner and outer tension. Hence, an enhanced self-control through regulation may provide for a softening and exploration of new ways of relating for persons suffering from anorexia, as opposed to previous rigid and prefixed strategies of behaving.

TOPIC II:

PLAYING WITH AFFECTS

... and the importance of “affect attunement”

This presentation explores the phenomenon of *affect attunement*, elucidated through a musical improvisation with a young man suffering from an eating disorder. The empirical data stems from a qualitative research study, based on a phenomenologically inspired procedure for data analysis.

Affect attunement is a term to elucidate the sharing of inner feelings states. In such a sharing there is a matching going on, a cross-modal way of relating. What is at stake is *how* the interaction moves along, rather than merely the themes or the musical actions per se. Essential elements in such a musical experience are timing, intensity and form.

Based on analysis, I propose a musical relating experience, followed by verbal processing, to provide a link between body and mind, which subsequently support a more coherent sense of self. Hence, a musical narrative based on a real experience may contribute to semantic meaning, which supports symbolic emergence.

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CV

Dr. Gro Trondalen, PhD, CMT, Fellow of AMI is Associate Professor in Music Therapy at The Norwegian Academy of Music in Oslo. She is a former co-ordinator of the Ph.D. program in Music and the Music Therapy Training (MA) in Oslo, in addition to Vice-President of the European Music Therapy Confederation (EMTC). She is a qualified Music Therapist and Special Education Teacher and holds a specialisation in The Bonny Method of Guided Imagery and Music (BMGIM).

Trondalen has been working in the field of child welfare and adult mental health for 20 years, and holds a private practice in BMGIM. Research focus has been on clinical work linked to philosophical and theoretical perspectives. She is currently a member of the working group at the Centre for Music and Health at the Norwegian Academy of Music. She is also serving at the Board of The International Doctoral Programme in Music Therapy at Aalborg University and at the Board of The Ph.D. Programme in Music at the Norwegian Academy of Music. Trondalen is associate editor of the Nordic Journal of Music Therapy. E-mail: gro.trondalen@nmh.no

Prof. Tony Wigram : 01.April 2009