

Melbourne Conservatorium of Music



NaMTRU
National
Music Therapy
Research Unit



Research Report 2000–2010

Melbourne Conservatorium of Music

The National Music Therapy Research Unit (NaMTRU) was established at the then Faculty of Music, University of Melbourne in 1999 following the VII International Music-Medicine Conference co-sponsored by the Faculty of Music and the Faculty of Medicine.

The objectives of NaMTRU are to:

1. Promote research into all aspects of music therapy.
2. Provide a research milieu in which graduate students can be supported and inspired to conduct research studies in music therapy.
3. Provide a balance of scientific, theoretical, clinical, and musical dimensions in research studies
4. Develop a strong national and international research identity in music therapy, through collaboration with national and international partners
5. Actively seek research grants through government competitive schemes (such as ARC and NH&MRC) and other non-government schemes.
6. Disseminate research outcomes through national and international publications (refereed journals and books) and national and international conferences, seminars, and symposia.

THE ADVISORY BOARD



An Advisory Board comprising national and internationally renowned music therapy researchers, advise on research initiatives, co-supervise graduate research, and examine graduate theses.

The Advisory Board (2010) comprises:

- Prof. Denise Grocke (University of Melbourne, Director NaMTRU)
- Dr Katrina McFerran (University of Melbourne)
- Prof. Dr. Tony Wigram (University of Aalborg, Denmark)
- Prof. Cheryl Dileo (Temple University, Philadelphia, USA)
- Dr Sarah Wilson (University of Melbourne, Psychology Department)
- Dr Clare O'Callaghan (Honorary Research Fellow, Faculty of Music, University of Melbourne).

ACKNOWLEDGEMENT



We are grateful to Professor Warren Bebbington (Dean, Faculty of Music 1991 to 2005), and Professor Catherine Falk (Dean, Faculty of Music, from 2006-2009) and Professor Gary McPherson (Director, Melbourne Conservatorium of Music, 2009-) for their generous support of the activities of NaMTRU.

NAMTRU STAFF



Professor Dr. Denise Grocke completed her music therapy qualifications at Michigan State University, and is a Registered Music Therapist (Board Certified) in the US and in Australia, and is a qualified practitioner in Guided Imagery and Music (FAMI in the USA, and RGIMT in Australia). She holds a Masters degree and PhD both from the University of Melbourne. She was President of the World Federation of Music Therapy (1999-2002) and served three terms as Chair of the Commission of Education, Training and Registration (1990-1999). Prof. Grocke co-founded the Australian Music Therapy Association (with Dr Ruth Bright) in 1975, and has held senior positions in AMTA over 30 years. She has practised as a music therapist with people who have mental illness (at Larundel Hospital 1971-1980), neurological disorders, and dementia, and she has a private practice in the Bonny Method of Guided Imagery and Music. Her research interests include the effect of music on altered states of consciousness, including Guided Imagery and Music (her PhD topic), and music therapy with people who have enduring mental illness. She has co-authored *Receptive Music Therapy*, co-edited 2 texts, authored 14 chapters in books and 50 articles on music therapy and Guided Imagery and Music.

<http://vcam.unimelb.edu.au/music/staff/denisegrocke>

Dr Katrina McFerran trained in music therapy at The University of Melbourne, then specialised in clinical work with young people in special education, palliative care, paediatrics, and community mental health. She completed her doctoral research on the topic of music therapy group work and adolescent bereavement, and was appointed to an academic position within the Faculty of Music in 2004. Dr McFerran has increasingly taken a leadership role in developing understandings of music therapy work with adolescents at an international level. She has a strong track record in research with this group, continuing to focus on the role of music in promoting resilience and facilitating coping, particularly in school settings. She has published in national and international refereed journals from a range of disciplines in order to increase understandings of the relationship between young people and music and to encourage awareness of the benefits of music therapy. Her first book, *Adolescents, Music and Music Therapy* was published in 2010.

<http://vcam.unimelb.edu.au/music/staff/katrinamcferranskewes>

Cover image: Amy Tsui, Master of Music Therapy student.

CURRENT RESEARCH PROJECTS



Prof Denise Grocke

Title:

Songs for Life: Group Music Therapy for Serious Mental Illness (SMI) a Randomised Controlled Trial

Research Team:

Prof. Dr D Grocke; Prof S Bloch; Prof D Castle

Funding:

\$230,761 Australian Research Council (ARC) Discovery Grant

Description:

The study is a wait-list randomised controlled trial of people with severe and enduring mental illness. It investigates whether weekly group music therapy sessions over 12 weeks affects quality of life, social enhancement, self-esteem and spirituality. The music therapy intervention is song-writing, where participants contribute to the lyrics of the song and music elements including genre, style, melodic shape and form, and rehearse instrumental accompaniment in preparation for recording in professional studio. Qualitative data is collected from focus group interviews.

Status:

Data collection underway.

Title:

Resource-Oriented Music Therapy for Low Motivation Patients with Severe Mental Illness (Melbourne arm).

Research Team:

Prof. D. Grocke, Dr L. Kader and Prof. C. Pantelis (Sunshine Hospital, Adult Mental Health Rehabilitation Unit) & Dr C. Gold (University of Bergen, Norway).

Funding:

\$15,000 Joint Award, Collaborative Research Initiative. Melbourne Research Office, University of Melbourne

Description:

The study is a satellite component of a larger study designed at University of Bergen. It investigates whether 24 sessions of individual resource-oriented music therapy has an effect on symptoms of patients with low motivation. The primary measure is the Scale of Negative Symptoms. Other measures include global functioning and symptom status.

Status:

Data has been collected from five international sites (3 in Norway, 1 in Austria and at Sunshine hospital) on 144 patients. Data analysis is in progress.

Title:

As time goes by: An investigation into the effects of a home-based music intervention for spousal carers of persons with dementia (Melbourne arm).

Research Team:

Dr Felicity Baker, Assoc Prof Nancy Pachana, Prof. Denise Grocke, Dr Edward Helmes

Funding:

University of Queensland \$70,000, Foundation Research Excellence Grant, to Dr Felicity Baker

Description:

The study is a multi-site randomized controlled trial of 120 couples where one partner has a probable diagnosis of dementia. The study will investigate whether there is a significant difference between the effects of a home-based active music intervention, music relaxation and wait-list control, in the carer's perceptions of the quality of the spousal relationship immediately post-intervention and at 3-month follow-up

Status:

Data collection phase.

Title:

Music therapy and radiotherapy

Research Team:

Dr Clare O'Callaghan, Michael Sproston, Dr Greg Wheeler, David Willis, Kate Wilkinson, Dr Alvin Milner, and Prof. D. Grocke

Funding:

Peter MacCallum Hospital (\$17,000) and the Faculty of Music (\$15,000).

Description:

The study investigates whether self-selected recorded music will reduce anxiety and alter subjective experiences in patients attending radiotherapy treatment for the first time.

Status:

Data collection and analysis is completed, and now in writing up phase.



Dr Katrina McFerran

Title:

Everyone deserves music: Making a sustained contribution to the well-being of young Australians with Autism at Northern School for Autism

Research Team:

Dr Katrina McFerran, Dr Denise Clark (Principal)

Funding:

\$9305 Knowledge Transfer Grant, The University of Melbourne

Description:

An action research project using a consultative model to enhance whole-of-school experience using music in a sustained way.

Status:

Design and preparation.

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Title:

Let Me Sing With You: Harnessing the full potential of music to improve the lives of young people with disabilities

Research Team:

Dr Katrina McFerran, Grace Thompson

Funding:

\$19,116 Research Collaboration Grant, The University of Melbourne

Description:

Single subject design using inductive video-analysis to investigate idiosyncratic communication strategies of the children with profound and multiple disabilities.

Status:

Finalising data collection.

Title:

Music Therapy with Young People in Schools: After the Black Saturday Fires

Research Team:

Dr Katrina McFerran, Kate Teggelove, Joanne Rimmer, Freya Dalglish

Funding:

\$9500 Rebuilding Communities through Music; \$20,000 JBSeed Fund

Description:

A community music therapy project in primary and secondary schools. Qualitative analysis of interviews from stage 1 used to inform development of evaluation process for stage 2.

Status:

1 publication under review. Data collection ongoing.

Title:

Supporting families to support children with life threatening illness: A musical search for evidence

Research Team:

Dr Katrina McFerran, Kathryn Lindenfelser, Dr Jenny Hyson (RCH)

Funding:

\$24,889, Collaborative Research Incentives Grant, The University of Melbourne

Description:

A mixed methods study investigating the efficacy of music therapy for improving the quality of life for families who have a child with a life-threatening illness.

Status:

Data collection complete. Analysis underway.

Title:

Music for Health in Schools

Research Team:

Dr Katrina McFerran, Kate Williams, Vicky Abad, Kate Teggelove, Lucy Bolger

Description:

Longitudinal study of the efficacy of a consultative, collaborative model of music therapy for wellbeing in mainstream schools.

Status:

Design. Seeking funding.

Title:

Performances in Music Therapy: Considerations from Community Music Therapy Discourse for Australian Practice

Research Team:

Dr Katrina McFerran, Dr Lucy O'Grady

Description:

A grounded theory analysis of music therapists perceptions about the place and purpose of performances in music therapy.

Status:

Analysis complete. Publication under review.

Title:

Providing the evidence: Examining the impact of music therapy interventions in special education

Research team:

Dr Katrina McFerran; Dr Jennifer Stephenson (Macquarie University); St Paul's School, Belmore School; Brunswick Special Development School

Funding:

\$13,177 internal Joint Project Grant, Melbourne Research Office, University of Melbourne. \$12,527 ASSID Research Grant.

Description:

An applied study that examines the effectiveness of music therapy as an intervention for children who have special needs using a single subject design.

Timeframe:

2005-2009

Status:

Data analysis ongoing. Two publications to date.

Title:

The child in relationship through music: Music therapy with the multiply disabled child

Research Team:

Dr Katrina McFerran, Dr Helen Shoemark, Emily Shanahan

Description:

Experts in infant communication were engaged in video analysis of a child with multiple disabilities in music therapy in order to identify new perspectives on the communicative strategies.

Status:

Data analysis ongoing.

Title:

Musical Relationships: Caring for Clients Across Services

Research team:

Dr Katrina McFerran; Emily Shanahan (St Paul's School); Very Special Kids

Funding:

\$7500 Macquarie Bank Foundation

Description:

A comparative video analysis of music therapy interventions used in diverse settings with same clients in order to determine level of similarity of service.

Status:

Analysis complete. Publication under review.

RESEARCH STAFF PUBLICATIONS (2000-2010)



Books

McFerran, K. (2010). *Adolescents, Music and Music Therapy: Methods and Techniques for Clinicians, Educators and Students*. London: Jessica Kingsley. 304 pp. ISBN: 9781849050197

Grocke, D. E. & Wigram, T. (2007). *Receptive Methods in Music Therapy. Techniques and Clinical Applications for Music Therapy Clinicians, Educators and Students*. London, Jessica Kingsley. 271 pp. ISBN 13: 978 1 84310 413 1. ISBN 10: 1 84310 413 X.

Bruscia, K.E. & Grocke, D.E. (2002). *Guided Imagery and Music: The Bonny Method and Beyond*. Gilsum, NH. Barcelona publishers. 591+xxiv pp.

Book Chapters

Grocke, D. (2010). Musical creativity in mental illness. In D. Hargreaves, D. Miell & R. MacDonald (Eds). *Music Imaginations*. OUP (accepted for publication June 17, 2010).

Gold, C., Saarkillao, S. & McFerran, K. (in press). Music therapy. In R.J.R. Levesque (Ed.), *Encyclopedia of Adolescence*. New York: Springer.

McFerran, K. (in press). Music and Adolescents. In N. Rikkard & K. McFerran (Eds), *Music across the lifespan*. New York: Nova Science Publishers.

McFerran, K. & Elefant, C. (in press). A fresh look at music therapy in special education. In G. McPherson & G. Welch (Eds.) *The Oxford Handbook of Music Education*. New York: Oxford University Press.

McFerran, K. (in press). Moving out of your comfort zone: Group music therapy with adolescents who have misused substances, In T. Meadows (Ed.) *Developments in Music Therapy Practice: Case Examples*. Barcelona Publishers.

McFerran, K. & Stephenson, J. (2010). Music therapy and evidence based practice in special education, In V. Karkou (Ed.), *Arts therapies in Special Education*, pp. 259-270. Jessica Kingsley Publishers: London.

Grocke, D. (2007). A structural model of music analysis. In T. Wosch and T. Wigram (Eds). *Microanalysis in Music Therapy*. London. Jessica Kingsley Publishers (pp 149-161).

McFerran, K & Grocke, D. (2007). Understanding music therapy experience through interviewing: A phenomenological microanalysis. In T. Wosch and T. Wigram (Eds) *Microanalysis in Music Therapy*. London. Jessica Kingsley Publishers (pp 273-284).

McFerran, K. & O'Grady, L. (2006). Birthing Feminist Community Music Therapy: The Progeny of Community Music Therapy Practice and Feminist Therapy Theory. In S. Hadley (Ed.), *Feminist Perspectives in Music Therapy*, pp. 63-80. Barcelona Publishers: USA.

Forinash, M., & Grocke, D. (2005). Phenomenological Enquiry. In B. Wheeler (Ed.) *Music Therapy Research*. 2nd edition. Gilsum, NH. Barcelona publishers (pp. 321-334).

Grocke, D. (2004). A case study in the Bonny Method of Guided Imagery and Music (BMGIM). In Aldridge, D. (ed) *Case Study Designs in Music Therapy*. London: Jessica Kingsley Publishers (pp. 97-117).

Grocke, D. (2003). Healing an inflamed body: The Bonny Method of GIM in treating Rheumatoid Arthritis. In S. Hadley (Ed.) *Psychodynamic Music Therapy*. Gilsum, NH. Barcelona Publishers (pp.389-401).

Grocke, D. (ed.) (2002). International advances in Guided Imagery and Music. In K. Bruscia & D. Grocke (Eds.) (2002). *Guided Imagery and Music: The Bonny Method and Beyond*. Gilsum, NH. Barcelona Publishers (pp.533-546).

Grocke, D. (2002). Qualitative research in Guided Imagery and Music. In K. Bruscia, & D. Grocke (2002). *Guided Imagery and Music: The Bonny Method and Beyond*. Gilsum, NH. Barcelona Publishers (pp.467-480).

Grocke, D. (2002). The Bonny music programs. In K. Bruscia, & D. Grocke (Eds). *Guided Imagery and Music: The Bonny Method and Beyond*. Gilsum, NH. Barcelona Publishers (pp. 99-133).

Grocke, D. (2002). The evolution of Bonny's music programs. In K. Bruscia, & D. Grocke (Eds) *Guided Imagery and Music: The Bonny Method and Beyond*. Gilsum, NH. Barcelona Publishers (pp. 85-98).

Refereed Journal Articles

McFerran, K. Baker, F. & Krout, R. (accepted). What's in the lyrics? A discussion paper describing the complexities of systematically analysing lyrics in music therapy, *Canadian Journal of Music Therapy*.

McFerran, K. (2010). Tipping the scales: A substantive theory on the value of group music therapy for supporting grieving teenagers, *Qualitative Inquiries in Music Therapy (A Monograph Series)*, Volume 5, 1-42.

McFerran, K., Roberts, M. & O'Grady, L. (2010). Music therapy and bereaved teenagers: A mixed methods perspective, *Death Studies*, 34 (6), 541 — 565.

Baker, F & Grocke, D. (2009). Challenges of working with people aged 60–75 years from culturally and linguistically diverse groups: Repertoire and music therapy approaches employed by Australian Music Therapists. *Australian Journal of Music Therapy*, 20.

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- Baker, F., Wigram, T., Stott, D. & McFerran, K. (2009). Therapeutic songwriting in music therapy: Who are the therapists, who are the clients, and why is songwriting used?, *Nordic Journal of Music Therapy*, 18 (1), 32-56.
- Grocke, D. (2009). Guided Imagery and Music (the Bonny Method) as Psychotherapy. *Psychotherapy in Australia*, 15(3), 64-71.
- Grocke, D., Bloch, S., & Castle, D (2009). The effect of group music therapy on quality of life for participants living with a severe and enduring mental illness. *Journal of Music Therapy*, XLVI(2), 90–104
- McFerran, K. (2009). Quenching a desire for power: The role of music therapy for adolescents with behavioural disorders, *Australasian Journal of Special Education*, 33 (1),72-83.
- McFerran, K., Lee, J.Y.; Steele, M. & Bialocerkowski, A. (2009). A Descriptive Review of the Literature (1990-2006) addressing Music Therapy with People who have Disabilities, *Musica Humana (Journal of the Korean Musicological Society)*, 1 (1), 45-80.
- O'Callaghan, C & Grocke, D. (2009). Lyric analysis research in music therapy: Rationales, methods and representations. *Arts in Psychotherapy*, 36, 320-328.
- Baker, F., Wigram, T., Stott, D. & McFerran, K. (2008). Therapeutic Songwriting in Music Therapy, *Nordic Journal of Music Therapy*, 17 (2), 105-123.
- Daveson, B., O'Callaghan, C., & Grocke, D. (2008). Indigenous theory building through grounded theory research: The developing indigenous theory framework. *Arts in Psychotherapy*, 35, 280-286.
- Grocke, D., Bloch, S., & Castle, D. (2008). Is there a role for music therapy in the care of the severely mentally ill? *Australasian Psychiatry*, 16:6, 442-445.
- Lindenfelser, K., Grocke, D., and McFerran, K. (2008). Bereaved parents' experiences of music therapy with their terminally ill child. *Journal of Music Therapy* XLV(3), 330-348
- McFerran, K. (2008) A Musicoterapia e Suas Múltiplas Perspectivas na Educação Especializada (Multiple Perspectives on Music Therapy in Special Education), *Pesquisa E Musica (Music and Research)*, 8 (1), 13-50.
- McFerran, K., Baker, F., Kildea, C., Patton, G. & Sawyer, S. (2008). Avoiding conflict: What do adolescents with disordered eating say about their mothers in music therapy, *British Journal of Music Therapy*, 22 (1), 16-23.
- McFerran, K. & Hunt, M. (2008). Learning from experiences in action: Music in schools to promote healthy coping with grief and loss, *Educational Action Research*, 16 (1), 43-54.
- Roberts, M. & McFerran, K. (2008). Music therapy in the Australian Print Media: A content analysis, *Australian Journal of Music Therapy*, 19, 27-44.
- Tamplin, J., & Grocke D. (2008). A music therapy treatment protocol for acquired dysarthria rehabilitation. *Music Therapy Perspectives*, 26, Issue 1, 23-29.
- Thompson, A & Grocke D. (2008) The effect of music therapy on anxiety in patients who are terminally ill. *Journal of Palliative Medicine*. May 1, 11(4): 582-590.
- O'Grady, L. & McFerran, K. (2007). Uniting the work of community musicians and music therapists through the health-care continuum: A grounded theory analysis, *Australian Journal of Music Therapy*, 18, 62-86.
- O'Grady, L. & McFerran, K. (2007). Community music therapy and its relationship to community music: Where does it end? *Nordic Journal of Music Therapy*, 16 (1), 14-26.
- Amadoru, S. & McFerran, K. (2007). The role of music therapy in children's hospice: Both unique and necessary. *European Journal of Palliative Care*, 14 (3), 124-127.
- McFerran, K. & Stephenson, J. (2007). Music therapy in special education: Do we need more evidence? *British Journal of Music Therapy*, 20 (2), 121 – 128.
- McFerran, K. & Rickson, D. (2007). Music therapy in special education: Where are we now? *Kairaranga: The New Zealand Journal of Education*, 8 (1), 40-47.
- McFerran, K., Baker, F. Patton, G. & Sawyer, S. (2006). A retrospective lyrical analysis of songs written by adolescent girls with disordered eating. *European Eating Disorders Review*, 14 (6), 397-403.
- Grocke, D. (2005). Significant Moments in Music Therapy in Australia. (Invited paper). *Australian Journal of Music Therapy*, vol 16, 104-118.
- Grocke, D. (2005). Celebrating the voice of music therapy. *Australian Journal of Music Education*. 18-26.
- Grocke, D. (2005). The role of the therapist in the Bonny Method of Guided Imagery and Music. *Music Therapy Perspectives*. vol. 23 Issue 1, 45-52.
- McFerran, K. & Wigram, T. (2005). Articulating the dynamics of music therapy group improvisations, *Nordic Journal of Music Therapy*, 14 (1), 33-46.
- McFerran, K. & Hogan, B. (2005). An overture: Initiating discussion on the role of music therapy in paediatric palliative care, *Progress in Palliative Care*, 13 (1), 7-9.

- McFerran, K. (2004). Using songs with groups of teenagers: How does it work, *Social Work with Groups*, 27 (2/3), 143-157.
- Sheridan, J. & McFerran, K. (2004). Exploring the value of opportunities for choice and control in music therapy within a paediatric hospice setting, *Australian Journal of Music Therapy*, 15, 18 – 32.
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- McFerran, K. & Sawyer, S.M. (2003). From recreation to creative expression: The essential features of an adolescent inpatient psychosocial support program, *ANNALS: Journal of the Singaporean Medical Association (Special Issue on Adolescence)*, 32, 64-70.
- Grocke, D. (2002). Re-imagining in GIM supervision. *Nordic Journal of Music Therapy*, 11, 178-181.
- Daveson, B. & Skewes, K. (2002). A philosophical inquiry into the role of rhythm in music therapy. *The Arts in Psychotherapy*, 29, 265-270.
- Skewes, K. & Wigram, A. (2002). A review of current practice in group music therapy improvisations. *British Journal of Music Therapy*, 16 (1), 46 - 55.
- Skewes, K. & Grocke, D.E. (2000) What does group music therapy offer to bereaved young people? A rounded approach to the grieving adolescent. *Grief Matters: The Australian Journal of Loss and Grief*, 3 (3), 54 – 61.
- McFerran-Skewes, K. & Grocke, D.E. (2000) What do grieving young people and music therapy have in common? Exploring the match between creativity and younger adolescents. *European Journal of Palliative Care*, 7 (6), 227 – 230.
- McFerran-Skewes, K. (2000) From the mouths of babes: The response of six younger, bereaved teenagers to the experience of psychodynamic group music therapy. *Australian Journal of Music Therapy*, 11, 3 – 22.
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- Non-Refereed Publications**
- Grocke, D. & McFerran, K. (2010) Helping hands through music: New directions in Australian music therapy, *Advocacy*, Winter.
- Grocke, D. (2009). Music therapy research and the mental health-wellbeing continuum. *Australian Journal of Music Therapy* (invited paper), vol 20,
- McFerran, K. (2008). *Who says I can't sing?: Musical justice for adults with disabilities* (Research Report). Retrieved from www.salvationarmy.org.au/salvwr/_assets/.../who_says_i_cant_sing.pdf
- Grocke, D., Bloch, S & Castle, D. (2007). Music therapy soothes mental illness. *University of Melbourne Research Report*, p. 12.
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- McFerran, K. & Murphy, M. (2004). Exploring bereavement through creative expression within an Irish second level school: An action research project, *Guideline: Newsletter of the Institute of Guidance Counsellors*, Ireland, March.
- McFerran-Skewes, K. (2003). 'I didn't know I could do that': Supporting vulnerable young people in the community, *Irish Association of Creative Arts Therapists Journal*, Spring, 2 - 5.
- McFerran, K. (2003). Music touches very special kids, *Australian Piano*, Spring, 6-7.
- Grocke, D. (2002). Afterward. *British Journal of Music Therapy*, 16(1), p. 60
- Grocke, D & Summer, L. (2002). Launching greeting and historical perspective. In C. Kenny and B. Stige (Eds.) *Contemporary Voices in Music Therapy*. Oslo. Norway. Unipubforlag. pp. 235-239.
- Wheeler, B. and Erdonmez Grocke, D. (2001). Report from the Education, Training and Accreditation Education Symposium. *Music Therapy Perspectives*, vol 19(1), 63-67
- Grocke, D. (2001). Music Therapy. Entry in N. Kenny (Ed.) *Currency Companion to Music and Dance in Australia*. Ampersand Editions.
- Bright, R. & Grocke, D. (2000). Twenty-five years on: Music Therapy in Australia. Sydney. Music Therapy Enterprises. 17 pp. ISBN 09585622-1-0.
- Skewes, K. (2000) Music therapy and bereaved teenagers: A natural combination. *Music Alive*, Spring.
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- E-Publications (non-refereed)**
- McFerran, K. (2010 – February 9). Re: E-Professionalism [Contribution to Moderated Discussion], *Voices: A World Forum for Music Therapy*. Retrieved from http://www.voices.no/discussions/discm114_01.html
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- Grocke, Denise (2006). "Music is a moral law" – A quotation from Plato? *Voices: A World Forum for Music Therapy*. <http://www.voices.no/columnist/colgrocke061106.php>
- Grocke, Denise (2006). Writing for music therapy. *Voices: A World Forum for Music Therapy*. <http://www.voices.no/columnist/colgrocke020106.html>

McFerran, K. (2005). A story of 549 music therapists and a question about where we are all going. *Voices: A world forum for music therapy*. Retrieved September 4, 2005 from <http://www.voices.no/columnist/colmcferran200805.html>

McFerran, K. (2005). Dangerous Liaisons: Group work for adolescent girls who have anorexia nervosa. *Voices: A World Forum for Music Therapy*, 5 (1). Retrieved from <http://www.voices.no/mainissues/mi40005000173.html>.

Grocke, Denise (2005). Reflections on world congresses in music therapy. *Voices: A World Forum for Music Therapy*. <http://www.voices.no/columnist/colgrocke230505.html>

Grocke, Denise (2004). New areas of music therapy practice. *Voices: A World Forum for Music Therapy*. Retrieved from <http://www.voices.no/columnist/colgrocke061204.html>

Grocke, Denise (2004). Re-inventing the wheel. *Voices: A World Forum for Music Therapy*. <http://www.voices.no/columnist/colgrocke070604.html>

Grocke, Denise (2003). The diversity of music therapy research. *Voices: A World Forum for Music Therapy*. <http://www.voices.no/columnist/colgrocke221203.html>

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McFerran-Skewes, Katrina (2003). Contemplating the Nature of Adolescent Group Improvisations. *Voices: A World Forum for Music Therapy*. Retrieved September 4, 110, from <http://www.voices.no/mainissues/mi40003000128.html>

Skewes, K. (2001). Do the IAPs predict meaning? *Nordic Journal of Music Therapy Web Page*, April 9th.

Cochrane Reviews (published protocols)

Dileo C, Bradt J, Grocke D. (2008). Music interventions for mechanically ventilated patients (Protocol). *Cochrane Database of Systematic Reviews* 2008, Issue 1. Art. No.: CD006902. DOI: 10.1002/14651858.CD006902.

Dileo C, Bradt J, Grocke D, Magill L. (2008) Music interventions for improving psychological and physical outcomes in cancer patients (Protocol). *Cochrane Database of Systematic Reviews* 2008, Issue 1. Art. No.: CD006911. DOI: 10.1002/14651858.CD006911.

CURRENT GRADUATE RESEARCH



PhDs

Tamplin, Jeanette (Supervisors: Prof. Denise Grocke; Dr Felicity Baker, Dr David Berlowitz)

The effect of singing training on respiratory and voice function for people with quadriplegia

The purpose of this research is to examine the effect of a group therapeutic singing intervention on the voice and respiratory function of people with quadriplegia. Twenty-four participants with chronic quadriplegia (C4-C7, ASIA A & B) were randomised into experimental and active control groups. Participants in the experimental group participated in singing training three times a week for 12 weeks. Participants in the control group participated in group music appreciation and relaxation for 12 weeks. Physiological tests (including respiratory function tests and EMG) and voice analysis were conducted pre, mid, immediately post, and 6 months after both interventions. Outcomes from these assessments, together with mood and quality of life questionnaires and interviews will be used to assess results.

Thompson, Stephanie (Supervisors: Prof. Denise Grocke & Prof. Cheryl Dileo)

The impact and effect of group music therapy on depression, anxiety, coping and quality of life in women with breast cancer: A mixed methods study

The purpose of this research is to examine the impact and effect of group music therapy on anxiety, depression, quality of life and coping in women with breast cancer. Twenty four women will be allocated to a group and will receive weekly group music therapy sessions over 6 weeks lasting, for 60 minutes, The six week program will be followed by a seventh session which will involve a focus group designed to determine the women's experience of music therapy. The data will be analyzed both statistically and qualitatively using interpretative phenomenology.

Quinn, Loretta (Supervisor: Dr Bruce Barber & Prof. Denise Grocke)

Evaluation the therapeutic effects of music interventions on hospitalised people with dementia

The major aim of the present study is to determine whether the benefits attributed to music therapy practices (symptomatic improvements) in patient with dementia, are supported by empirical evidence derived from a battery of psychometric and observational measures employed in a randomized controlled trial. A second aim is to determine whether neurophysiological measures (EEG frequency, EEG-coherence, Auditory Evoked Potentials) and vascular activity (blood pressure), reflect central nervous system and autonomic changes that directly correlate with reductions in dementia-related symptoms.

Thompson, Grace (Supervisors: Dr Katrina McFerran, Prof. Tony Wigram)

Music Therapy and children with autism. The effect of family centred music therapy on the social communication skills of preschool aged children with autism.

This study is a mixed methods, wait-listed RCT with the child's routine care acting as the control. 23 children and their parent (primary carer) are receiving 16 weeks of music therapy in the family home with the parent encouraged to continue the music therapy social communication strategies between visits.

O'Brien, Emma (Supervisors: Prof. Denise Grocke; Prof. Cheryl Dileo)

The effect of songwriting on cancer patients' quality of life, mood and distress: Preliminary results from a mixed methods randomized controlled trial.

The purpose of this study is to provide robust evidence based practice for the role of songwriting in supportive care for cancer patients. This multi site randomized control trial (RCT) examines the effect of songwriting in music therapy using a specialized technique Guided Original Lyrics and Music, (GOLM), on cancer patients' quality of life, mood, distress levels and satisfaction with their hospital stay.

Cheong-Clinch, Carmen (Supervisor: Dr Katrina McFerran)

Musical diaries – An investigation of relationships between young people's uses of music and their mental illness and well-being during a hospital admission.

The purpose of this qualitative investigation is to examine the processes in which teenagers in a psychiatric facility engage with their music to manage their mental illness and promote their well-being. The grounded theory method of simultaneous data collection and analysis will explore and explain the various aspects of adolescent health in relation to these musical processes.



Masters

Lucy Forrest (Supervisor: Dr Clare O'Callaghan)

Music therapy experiences in home-based paediatric palliative care for a culturally diverse population

The study will examine how paediatric patients and their families experience music therapy received through a home-based palliative care program. It will examine how cultural beliefs and practices are associated with the experience of music and music therapy and potentially develop theory around the use of music therapy in paediatric palliative care for a culturally diverse population. Participants will be paediatric patients aged 0-12 years and their families who are accessing/have accessed music therapy services through a home-based palliative care service.

Bolger, Lucy. (Supervisor: Dr Katrina McFerran).

Exploring how young people of culturally and linguistically diverse backgrounds use music participation to discover and communicate what matters to them.

This Action Research study will investigate the use, impact and implications of a participatory music therapy project to examine key issues for young people of culturally and linguistically diverse (CALD) backgrounds. Results will provide insight into potential benefits of participatory music opportunities for CALD youth and their community, and how this relates to health and wellbeing factors, e.g., ownership, resilience, independence, sustainability and wellness.

Dearn, Trish (supervisors: Dr Helen Shoemark, Prof Denise Grocke, Dr Dan Casalaz)

Music therapy and premature infants. What effect does pulsed beat and melody have on the physiological and behavioural state of a 33-34 week old premature infant?

This study is a within- subjects repeated measures counterbalanced design. Each premature infant in the NICU enrolled in the study will receive one of the three auditory stimuli per day in a random order. The duration of the total intervention period, including periods of observation will be 36 minutes per day over three consecutive days.

Kenner, Jason (Supervisor: Prof. Denise Grocke)

Therapist self evaluation scores and patient outcomes in resource oriented music therapy - a comparison of principles and results.

The research aims to compare self assessed evaluation of resource oriented music therapy principles used in sessions with the best and worst of patient outcome groups. Patient outcomes are measured using self-report and blind assessment, while session evaluations are self assessed ratings of principles measuring quantity and quality use.

COMPLETED STUDIES (MASTERS AND PHD)



The list of completed studies is arranged by topic, and demonstrates the wide diversity of studies in music therapy at the University of Melbourne.

Pregnancy, Childbirth, and Infants

Shoemark, Helen (2008). PhD.

The markers of interplay between the music therapist and the medically fragile newborn infant

Significant events in the therapeutic process between infants and the music therapist were reviewed and discussed by expert reviewers and the therapist. The resultant rich descriptions of articulated and inferred behaviors were thematically analyzed. The interaction between fourteen infant behaviors and twenty therapist behaviors provided seven markers of interplay.

Natalia, Johanna (2005). Masters.

The influence of relaxation and music on the anxiety of pregnant women.

A randomised controlled trial of 60 women – 30 in experimental group who received music relaxation tapes for use 30 minutes per day at least 3 times per week. The control group had no music. Both groups had supportive group meetings. No statistically significant results were found on the STAI for anxiety, however pre-post qualitative descriptions of mood showed significant results.

Allison, Dianne. (1994). Masters.

The use of programmed music versus non-programmed and no music, during childbirth.

A controlled study of 114 first-time mothers. Group 1 received programmed music, group 2 non programmed music, and group 3 was the control condition (no music). No statistically significant results were found between groups on perception of pain; perceived satisfaction; or length of labour.

Grasso, Melissa. (1998). Masters.

Music and physiotherapy: Evaluation of a program developed for caregivers of infants and toddlers with cystic fibrosis.

Caregivers of children with CF (and their children) were randomly assigned to two conditions: a specifically designed music CD of original songs, written to mirror physiotherapy routine, and a control condition (no music for 6 weeks, followed by unrestricted use of any music). The study ran over 12 weeks. "Enjoyment" and "perception of time" were assessed at commencement, at 6 weeks, and at the end. Enjoyment increased (stat. sig.), but there was no change in "perception of time".

Calabro, Jacinta (2006). Masters.

Music Therapy for Infants with Neonatal Abstinence Syndrome.

A randomised controlled trial testing the effectiveness of sedative recorded music (SRM) and multi-modal stimulation (MMS) for infants with neonatal abstinence syndrome. The study hypothesized that infants in the experimental groups would have a shorter length of stay, less severe symptoms and better outcomes than infants in the control group (no music). There were no statistically significant results to demonstrate an effect for any of the interventions, but results indicate slight trends towards a reduction in crying and respiratory distress for infants in the experimental groups.

Disabilities

Lee, Ju-Young (2009). Masters.

Using song-choices in music therapy to improve communication skills of adults with profound and multiple disabilities

Five females attended thirty minutes of three song-preference assessment sessions and ten song-choice intervention sessions. All five participants improved their communication skills by clearly indicating their choices and two of them developed clear choice-making skills such as alternating eye-gaze between a song-card and the researcher and picking up the song-card.

Rainey-Perry, Mary. (1999). Masters.

Relating improvisational music therapy to communication development: A case study approach with severely and multiply disabled children.

Ten children with multiple disabilities receiving MT for varying lengths of time, with different Registered Music Therapists were included in the study. Sessions were video-taped, and elements of intentional and pre-intentional communication were assessed. "Turn taking" and "playing and singing together" were identified as the most important forms of communication. Socio-linguistic theories were found to be limited in explaining MT interactions, and musical interactions need an 'indigenous' theory for grasping the meaning of musical communication.

Adolescents

Skewes, Katrina. (2001). PhD.

The experience of group music therapy for six bereaved adolescents.

The phenomenological study explored the experience of six bereaved adolescents over ten music therapy sessions, using song sharing (favourite CD with group discussion) and improvisation. The participants were interviewed and results showed that fun, freedom control and achievement were core experiences of MT. Improvisations allowed more self-expression than recorded songs. Forty-one group improvisations were analysed, and verified by independent raters. There were increasing levels of cohesion in the improvisations over time, reflected in rhythmic structure and group leadership roles.

Neurological Conditions

Erdonmez, Denise. (1984). Masters.

Preservation of acquired music performance skills in three cases of neuro-psychological impairment.

A case study design of three patients, (CVA, manic-depression, and schizophrenia). Descriptive quantitative measurements of mood, and musical elements in piano playing and improvisation were compared. The music improvisation showed identical changes in mood, rhythmic ability and melodic and harmonic flow to symptoms of the respective disorder.

Baker, Felicity. (1999). Masters.

The effects of live and taped music on the agitation and orientation levels of people experiencing posttraumatic amnesia (PTA).

A controlled study of 22 participants in PTA. There were three conditions repeated over 6 days (within subjects design): 1) live performance of preferred songs; 2) taped version of the preferred song; 3) no music. Changes in orientation were measured pre and post each session. Results showed orientation improved with music condition ($p < 0.001$); and agitation decreased significantly with music ($p < 0.0001$). No difference was found between live versus taped music however.

Moon, So-Young. (2008). PhD.

The effect of piano playing exercises on the rehabilitation of finger dexterity for stroke patients.

This study examined the effects of piano-playing music therapy on the motor coordination of stroke patients using the MIDI-based analysis to measure finger coordination. Within a modified controlled trial, twenty participants were assigned to either a music therapy treatment group or a control group. Half-hour individual music therapy sessions comprising various piano-playing techniques were conducted three days per week for four weeks, consisting of 12 sessions in total. The results between the groups in pre and post tests showed statistically significant improvements in timing consistency, velocity evenness, accuracy of key striking, and stability of synchronizing two-key striking. This indicates that piano-playing music therapy could be a viable intervention in rehabilitating motor coordination of chronic stroke patients.

Moon, So-Young (2000). Masters.

The effect of piano exercises on the rehabilitation of right hand finger coordination for a patient with Traumatic Brain Injury.

The study was a single case design, with repeated measures. Hand co-ordination was compared pre-intervention and again after six weeks of piano rehabilitation exercises (3 times per week). Co-ordination improved significantly.

Tamplin, Jeanette (2005). Masters.

The effects of song singing and vocal exercises on the speech intelligibility of people with acquired dysarthria.

A repeated measures quantitative case study design ($n=4$). The eight-week individual music therapy program included oral motor, respiratory, and vocal exercises, rhythmic speech cuing and therapeutic singing. Results were assessed used speech parameters, including ratings of intelligibility, naturalness, and efficiency and indicated improvement for two severely dysarthric subjects, and slight changes for the two mildly dysarthric subjects.

Psychiatry/Mental Illness

Milford, Jeanette (2000). Masters.

Exploring the relevance of music therapy for people with schizophrenia.

The study adopted a pre-post, mixed method design to investigate the impact of individualised music therapy on the recovery of three people hospitalised with chronic schizophrenia. Observational behavioural measures, self-reports and a standardised test were used to systematically record changes in motivation, engagement, communication, mood and affect as well as any value or meaning ascribed to music therapy by participants. Results indicate significant improvements in observed engagement during music therapy and in self-reported happiness and energy after sessions.

Hedigan, John. (2007). Masters.

Group music therapy with substance dependent adults.

A phenomenological research method was used to explore the experience of group music therapy for substance dependent adults living in a Therapeutic Community. Eight substance dependent adults (four men and four women) participated in 10 group music therapy sessions that used improvisation and song sharing as the music therapy methods. The experience of group music therapy was described as intimate, honest, and an experience that brought the participants closer together through revealing the 'real side,' or authentic nature of each person in the group. Improvisation was experienced as an exposing group activity that broke down the defences of the participants, and stimulated productive, relationship-based dialogue.

Dementia

Edwards, Jane. (1993). Masters.

The effect of music and non-musical cues, musical history and experience and level of cognitive functioning on the song recall abilities of older adults who have some form of dementia.

The study compared two conditions (no control group). The first condition was cueing with words of the 1st line of well-known song; the second condition involved cueing with the melodic phrase. There was greater response to musical cueing (but not statistically significant).

Fogerty, Beth. (1999). Masters.

Group music therapy with Urban Koorie Elders who have a probable diagnosis of dementia: A descriptive approach.

The study was a case study design of three Koorie Elders' response to music therapy. Singing and instrumental improvisation were effective methods in gaining engagement.

Nugent, Natalie. (2000). Masters.

The effect of live versus tapes preferred songs on individuals with dementia of the Alzheimer's type displaying agitated behaviours.

The study was a within-subjects design of six people with dementia. There were two conditions: 1) live preferred songs and 2) taped preferred songs. The dependant variables were agitation and wandering. The two behaviours decreased, but not significantly, and no difference was shown between the two conditions.

Quinn, Loretta (2003). Masters.

The impact of music therapy on the quality of life of persons with Alzheimer's disease: perception of clients and carers.

The study was a case study design of people with dementia living at home. Weekly music therapy sessions were provided, and Quality of Life (QoL) was evaluated by the carers. Carers also kept a journal. No statistically significant results were found, however qualitative reports indicated that music was helpful for both the person with dementia and the carer.

Baron, Annette (2004). Masters.

A comparison of unaccompanied singing of familiar songs and vocal improvisation for older adults with severe late-stage dementia.

A descriptive study, measuring the responses of six women to two different music therapy approaches (vocalisations, and sung songs). Responses were measured by video analysis, plus descriptions from nursing staff. Each method was found useful, but differed for each person.

Cancer

O'Callaghan, Clare. (2001). PhD.

Music therapy's relevance in a cancer hospital researched through a constructivist lens.

The study gathered questionnaire responses about the relevance of music therapy in the hospital from patients, staff, patient's families, patients over-hearing MT sessions, and the author's own reflexive journal. Data from the patient's responses were coded, and themes emerged. Seven themes were that music therapy elicits affective responses; affirms social relationships; shifts attention away from cancer treatment; elicits memories and imagery; transforms adversity into a positive experience; can be associated with increased well-being self-awareness and self-expression; and, rarely, does "nothing". Other themes were elicited for the other four groups of responses.

Barry, Philippa (2008). Masters.

Music therapy CD creation for initial paediatric radiotherapy: A mixed methods analysis

Eleven paediatric oncology outpatients (6-13 years) were randomly assigned to either create a music CD using computer-based music software to listen to during their initial radiotherapy treatment, or to a standard care group. Music therapy CD creation was fun and engaging, which offered a positive experience and aided patients' use of effective coping strategies to meet the demands of their initial radiotherapy.

O'Brien, Emma (2004). Masters.

The nature of interactions between patient and therapist when writing a song in music therapy on a Bone Marrow Transplant ward.

Six patients were interviewed about their experience of writing a song while hospitalised for Bone Marrow Transplantation. The interview protocols were analysed using a phenomenological process and nine songs were analysed for music elements using a template designed by O'Brien to record musical, verbal and "other" interactions between therapist and patient.

Palliative Care

Roberts, Melina (2008). Masters.

A Mixed Methods Content Analysis of Song Lyrics Composed by Bereaved Pre-Adolescent Children During Individual Music Therapy.

This study examined lyrics written by bereaved children during individual music therapy. Lyrics from 49 songs written by 14 (7-12 year-old) participants were analysed using a mixed-methods content analysis approach. Results revealed that these children wrote lyrics using thirteen concrete categories and one overall theme.

O'Callaghan, Clare. (1994). Masters.

Song writing in palliative care.

A Grounded Theory study of 64 songs written by 39 palliative care patients. Eight themes emerged from the data, including: messages; self-reflections; compliments; memories, reflections on significant others (including pets); self-expression of adversity; imagery and prayers.

Hogan, Bridgit. (1998). Masters.

The experience of music therapy for terminally ill patients.

A phenomenological study of nine patients in palliative care and their experience of MT. Interview protocols were analysed and 14 themes emerged, including: An altered state of well-being; an emotional experience: memories; spiritual experiences; preparing for funeral; positive transference to the MT; the impact of others on the music therapy experience; awareness of the music's inherent qualities; and the lasting effect of the music therapy experience.

Horne-Thompson, Anne (2006). Masters.

The effect of music therapy on palliative care patients experiencing anxiety.

A randomised controlled trial of twenty-five participants with an end-stage terminal disease. Anxiety levels were measured on the Edmonton Symptom Assessment System (ESAS), and heart rate and a behavioural observation checklist. A significant reduction in anxiety was found for the experimental group ($p=0.005$) and on pain, tiredness and drowsiness.

Lindenfelser, Kathryn (2007). Masters.

Bereaved parents' experiences of music therapy with their terminally ill child.

A phenomenological study investigated seven bereaved parents' experiences of music therapy with their terminally ill child. In-depth interviews were conducted and five global themes emerged from the global analysis. These included a) music therapy was valued as a means of altering the child's and family's perception of their situation in the midst of adversity, b) music therapy was a significant component of remembrance, c) music therapy was a multi-faceted experience for the child and family, d) music therapy enhanced communication and expression, and e) parents shared perceptions of and recommendations for improving music therapy services.

Community Music Therapy

O'Grady, Lucy. (2009). PhD.

The therapeutic potentials of creating and performing music with women in prison: A qualitative case study

This study investigated the therapeutic potentials of song writing and performance for women in a maximum-security prison. It challenged existing approaches by detailing a humanistically-informed approach to therapeutic outcomes that provided a bridge for the women between inside and out, drawing on creative processes that fostered personal growth.

Hunt, Meagan. (2006). Masters.

Belonging in the community: The use of music therapy with young traumatised refugees.

The study investigated how a group of 10 young refugees, attending an English as a Second Language School, utilised group music therapy to develop a sense of belonging. Action Research was used as the framework for the research. Bruscia's improvisational assessment profiles were used to describe and interpret the improvisations. The results describe how the music material represents their sense of belonging.

O'Grady, Lucy (2005). Masters.

The relationship between music therapy in community settings and community musicians.

A grounded theory analysis of the descriptions of 7 music therapists and 8 musicians who work in community contexts. The main results of this study posed a theory for understanding community music therapy practice within a framework of health-care as a continuum.

Guided Imagery and Music (GIM/BMGIM)

Martin, Rachael. (2007). Masters.

University music students' experience of a combined music therapy treatment on performance anxiety.

This study examined the effect of six Guided Music Imaging (GMI) sessions on Music Performance Anxiety (MPA). Participants were two male and three female musicians and singers. A mixed-method case study design utilizing pre-post test questionnaire scales and a semi-structured interview were employed to ascertain changes in MPA following the end of year performance exams.

Lem, Alan. (1995). Masters.

An integrated profile of brain-wave activity and structural variability of music in the study of music and imagery experiences in vivo.

A physiological measures study (EEG). 27 subjects listened to a selection of music (Pierne's Concertstucke for harp and orch.), and EEG tracings were overlaid on the spectrograph of the music. Greater EEG activity was found at moments of tension-release in the music, and during unexpected changes (e.g. the very soft cadenza).

Marr, J. (2000). Masters.

The effect of music on imagery sequences in the Bonny Method of Guided Imagery and Music (GIM)

Marr studied four client's imagery experiences of one GIM music program "Grieving". An analysis of the music elements paralleled shifts in imagery experience and identified those elements that were influential included: melodic shape; key changes; instrumentation; rhythmic features; and wide dynamic range.

Erdozmez Grocke, D. (1999). PhD.

A phenomenological study of pivotal moments in Guided Imagery and Music (GIM) therapy.

A study of seven participants and their GIM therapists, of pivotal moments in GIM. Emergent themes indicated pivotal moments were remembered in vivid detail; they were emotional experiences; they made an impact on the client's life; and they often emerged after horrid and awful imagery experiences. Themes for the therapists included: sessions other than those identified by clients were considered pivotal; pivotal moments were emotional experiences for the therapist; they were remembered in vivid detail. The music that underpinned pivotal moments was analysed using a Structural Method of Music Analysis (SMMA). Features included: a formal structure in which repetition was evident; predominantly slow in speed; tempos were consistent; predictability in melodic, harmonic and rhythmic elements, and dialogue between solo instruments and orchestra, or between groups of instruments, or in vocal parts..

Therapists Responses

Dun, Beth. (1999). Masters.

The experience of music therapists working with children in coma.

A phenomenological study of five RMTs and their experiences of working with children in coma. Interview protocol analysis identified global themes including: feelings of inadequacy; being challenged; feelings of doubt; feelings of joy; gratification; inner conflict; staff impact; and pressure from child's family.

Holmes, Matt (2004). Masters.

The Personality Traits of Australian Music Therapists.

A quantitative study using the NEW-PRI personality profile to determine personality traits of music therapists in Australia. High scores were found on the domains of neuroticism, openness to experience and agreeableness. Low scores were found on Conscientiousness (particularly Order and Self-discipline).

Daveson, Barbara (2006). PhD.

Client and therapist time experiences and descriptions in music therapy.

The research study investigated music therapists' and clients' experiences and descriptions of temporality within music therapy. The research was underscored by constructivist ontology and involved a four-staged methodology. All stages were completed for the music therapist data, and the first two were completed for the client data. The study resulted in the construction of an indigenous music therapy theory from the therapist data and a grounded descriptive statement from the client work that inform music therapy practice about how therapists and clients experience time in music therapy.

INTERNATIONAL CONSORTIUM OF MUSIC THERAPY RESEARCH



The Consortium of Music Therapy Research was established in 2008, instigated by Professor Tony Wigram (Aalborg University Denmark), and hosted by the University of Melbourne (through Prof Denise Grocke). The Consortium brought together various parties with whom Aalborg and Melbourne had established collaborations, dating back to 2002.

History:

The first collaboration was developed between Aalborg University (Denmark), University of Melbourne (Australia), and University of Witten-Herdecke (Germany) in 2002. The areas of activity in that collaboration were:

1. Evaluation of research proposals, supervision and examination of theses
2. Collaborative projects by clinical area
3. Research training and supervision

The second collaboration was established in 2007, comprising the University of Melbourne (Australia), Aalborg University (Denmark) and Temple University (USA). The areas of collaboration were more complex, but fell within the three major heading mentioned above.

The third collaboration, also formed in 2007 comprised Aalborg University (Denmark), University of Melbourne (Australia), University of Bergen (Grieg Academy of Music, Norway) and University of Queensland (Australia).

In 2008, The Norwegian Academy and Music (Oslo, Norway), the University of Jyväskylä (Finland), the Catholic University Leuven (Belgium) and Anglia Ruskin University (Cambridge, UK) joined the existing collaborations to form the *International Consortium of Nine Universities with Doctoral and Research Programs in Music Therapy*. Collectively there are 27 music therapy academics and clinicians within these 9 Universities, all with PhD's and all active in conducting research through their respective research centre and supervising higher degree research students. The Consortium agreement is in place for a period of five years (2008-2013) at which time membership and the continuation of activities will be negotiated between all Universities. The participating Universities and staff are:

Australia

University of Melbourne

Prof. Denise Grocke

Dr. Katrina McFerran

University of Queensland

Dr. Felicity Baker

USA

Temple University, Philadelphia

Prof. Kenneth Bruscia
 Prof. Dr. Cheryl Dileo
 Dr. Ken Aigen
 Dr. Darlene Brooks

Norway

Norwegian Academy of Music, Oslo

Prof. Even Ruud
 Assoc. Prof. Gro Trondalen

Grieg Academy, University of Bergen

Prof. Brynjulf Stige
 Dr. Randi Rolvsjord
 Dr. Christian Gold
 Dr. Cochavit Elefant
 Dr Simon Gilbertson

Denmark

Aalborg University

Prof. Tony Wigram
 Prof. Inge Nygaard Pedersen
 Prof. Lars Ole Bonde
 Dr. Hanne Mette Ridder
 Dr. Ulla Holck
 Dr. Niels Hannibal

Finland

The University of Jyväskylä

Prof. Dr. Jaakko Erkkilä

UK

Anglia Ruskin University (Cambridge)

Prof. Helen Odell-Miller
 Dr. Amelia Oldfield

Belgium

The Catholic University Leminsinstitut, Leuven

Prof. Jos De Backer

Areas of Collaboration

There are three broad areas of collaboration that identify the aims and objectives of the Consortium. These are:

1. International benchmarking in the evaluation of proposals, ethical procedures, and the supervision and examination of theses

- To develop high standards in research design and implementation through international benchmarking.
- To discuss and promote the development of high standards in the supervision of post-graduate research
- Exchange and advise on ethical procedures

- Develop courses for supervisors, and an international network of specialist consultants and advisors within music therapy and related disciplines.
- Serve as supervisors and/or examiners on dissertations and theses when appropriate, funded by the inviting institution.
- It is proposed that where an Advisory Board exists, members from the partner universities are invited to sit on the advisory board of the other centres in order to contribute to the evaluation of proposals for Master's and PhD level research in music therapy.

2. Collaborative projects

- To disseminate literature reviews from masters and doctoral students to facilitate dissemination of information in specialised areas.
- Develop and contribute to literature databases in specific clinical and research areas for the use of post graduate researchers in the nine research milieus.
- Establish links through websites that will enable researchers in any one of the nine milieus to discuss their research with other researchers.
- Collaborate on joint research projects, when possible.
- Collaborate on applied clinical research projects at post graduate or post doctoral level.
- Promote multi-centre research studies.
- Develop themed research seminars and mini-conferences for the post graduate researchers and research staff in the nine research milieus, given available resources.
- Develop research based discussion in online discussion forums and video conferencing

3. Research teaching and supervision.

- Exchange of information regarding current research methods, including evaluation tools used to analyse results
- Share information on research education issues (Masters and Doctoral level), and participate in discussions of common issues
- Establish a 'meeting place' for researchers and faculty at international congresses to promote discussion and exchange
- Exchange copies of dissertations and theses to the nine institutions (hard copies or electronic versions where appropriate)
- To facilitate research students registered in the nine participating milieus to have access to attend research courses in music therapy where appropriate. This would be self-funded, and at the discretion of the institution at which the course is taking place.

The activities described above are at the discretion of each milieu, and conditional upon available funding.

Melbourne Conservatorium of Music

Activities of the Consortium

The first PhD Supervisor's course in Music Therapy was initiated by Professor Tony Wigram, hosted by Aalborg University and funded by the Danish Research Council in Denmark in 2005. The invited speaker at that event was Professor Vernon Trafford, who with co-author Dr. Shosh Leshem has recently published "Stepping Stones to Achieving your Doctorate." Maidenhead: McGraw-Hill Education - Open University Press.

The Supervisor's course focussed on section 1 of the collaboration agreement, specifically the evaluation of proposals for PhD and Master's-level research in music therapy, supervisor responsibilities, and the criteria for examination of the thesis/dissertation. (The term "dissertation" is used in the USA and Australia for the PhD, whereas in Europe the term "thesis" is more commonly used).

The second PhD supervisor's course in Music Therapy was again initiated by Professor Tony Wigram, hosted by Aalborg University, locally funded by the Danish Research Council, and held in Skagen, Denmark in 2008. The focus of this course was section 2 of the collaboration agreement, specifically ethical standards in music therapy research, and research design, including discussion of best-practice measures adopted in current research.

The first official meeting of the Consortium was held May 2009 in Skagen following the 6th Nordic Conference in Music Therapy, organised by Professor Tony Wigram with funding from the Faculty of Humanities Research School, Aalborg University and the Danish Research Council. The focus for this meeting was activities under section 3 of the Consortium agreement. Reports on current and previous applications to research funding bodies were presented and discussed in order to focus on effective ways of obtaining research grants. Current activities in each of the research centres of the Consortium were presented. Areas of common interest and expertise were identified and will lead to the development of new studies involving multi sites internationally.

The fourth meeting of the Consortium was hosted by the University of Melbourne in November 2009. At this meeting research needs for specific clinical areas were planned with a view to develop international multi-site trials, funded by the respective countries.

FURTHER INFORMATION

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For information on NaMTRU and an electronic copy of this document:

www.vcam.unimelb.edu.au/musictherapy/namtru

For information on the Master of Music Therapy (by coursework) that leads to Registration as a qualified music therapist:

www.vcam.unimelb.edu.au/mmustrp

For information about the Master's in Music research degree:

www.vcam.unimelb.edu.au/mmusresearch

For information about the PhD
www.vcam.unimelb.edu.au/graduate/phd

For information on music therapy
www.austmta.org.au

NATIONAL MUSIC THERAPY RESEARCH UNIT

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