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Welcome

This review summarises the academic and research work conducted this year by colleagues at Nordoff Robbins. Such activities are a core part of work at Nordoff Robbins. They are a primary means for understanding, improving and ensuring quality of the services offered by the charity. These academic and research activities reflect the charity’s commitment to developing scholarship that builds upon Nordoff Robbins music therapy practices, and engages with contemporary intellectual currents and cross-disciplinary scholarship and research. After last year’s comprehensive review of the academic and research activity related to Nordoff Robbins between 1980 and 2015, we are continuing to document, recognise and celebrate the valuable work in the areas of teaching, publications and evaluation carried out by people at Nordoff Robbins and associated partner institutions.

This review brings together high profile outputs, in the form of publications (books, chapters and peer-reviewed journal articles) and prominent national and international conference presentations, as well as more modest academic and research work, some of which is work-in-progress. All of these activities together form a crucial foundation for growing a healthy attitude of continuous enquiry, of engaged curiosity, and for contributing to professional and disciplinary knowledge and debate. The research team at Nordoff Robbins carries out service evaluation projects as well as research work often in collaboration with Nordoff Robbins music therapists and external partners. Evaluation projects are included since they are often triggers for research. In addition to carrying out research and evaluation, a core part of Nordoff Robbins’ academic activity is to train future generations of music therapists and researchers.

Data was collected by survey, email and web search over the period from June to November 2016. These entries will be added to an ongoing document listing research activities from 1980 to the present. This review excludes the many case studies, video recordings, texts and other documentation of Nordoff Robbins work developed for practice, publicity and fundraising. This review is not exhaustive but represents – to the best of our knowledge – the kinds of research activities carried out by Nordoff Robbins staff and students. Some research activities are marked 2015; these are relevant activities which took place last year but were not included in the 1980-2015 document. The work listed here has been directly supported by Nordoff Robbins, unless indicated with an asterisk at the end of the entry. Work marked as such was not directly supported by Nordoff Robbins, but is included here due to the involvement of Nordoff Robbins colleagues.

We hope that this document shows the breadth, depth, quality and value of the academic and research activities conducted by and associated with Nordoff Robbins, and that it will invite interest in the work and achievements of the charity which remain centred around people’s engagement with music.

The Research Team
December 2016

PUBLICATIONS
1. Books


2. Book chapters


3. Articles in peer-reviewed journals


4. Thematic journal issues


5. Editorials


6. Book reviews


7. Resources for teaching, practice and research


8. Articles in conference proceedings, non-peer-reviewed journals and reports


PRESENTATIONS, EXTERNAL TEACHING & RESOURCES
9. Keynote conference presentations


10. Conference presentations


Anderll, G. (2016). ‘Strange knowledge’ - The arts therapies in the defence of humanistic research. Invited seminar presentation at Graduate School of Creative Arts Therapies, Faculty of Social Welfare & Health Sciences, University of Haifa, Israel.


Coggins, O. (2015). ‘Certain methods to cross the abyss’: Discourses of therapy, noise and ritual in drone metal. Aesthetics of Music and Sound Seminar, University of Southern Denmark, Odense.*


Dunbar, N., & Sampathianaki, E (2016). Is three a crowd? Lessons learned from music therapy with a school-age child and a parent who is also a music therapist. 2nd British Association for Music Therapy Conference “Re-Visioning our Voice: Resourcing music therapy for contemporary needs”, University of Strathclyde, Glasgow, UK, 8-10 April 2016.*


Sampathianaki, E., & Evans, P. (2016). But can we really make a difference? Music therapy with an adult with challenging behaviour. 2nd British Association for Music Therapy Conference “Re-Visioning our Voice: Resourcing music therapy for contemporary needs”, University of Strathclyde, Glasgow, 8-10 April 2016.*


Thorpe, D. (2016). Music education – Therapy or teaching? A personal and professional view of how music therapy can support the aims, attainment targets and subject content of the current primary national curriculum framework. 2nd British Association for Music Therapy Conference “Re-Visioning our Voice: Resourcing music therapy for contemporary needs”, University of Strathclyde, Glasgow, UK, 8-10 April 2016.*


11. Conference workshops and panels


12. Poster sessions


Ryz, M. (2016). The ‘music object’ in the treatment of borderline personality disorder and schizophrenia: An exploration into music as both a concrete and abstract experience. Poster presentation at the 2nd British Association for Music Therapy Conference “Re-Visioning our Voice: Resourcing music therapy for contemporary needs”, University of Strathclyde, Glasgow, UK, 8-10 April 2016.*


13. Conference booklets


14. Teaching and lectures in other institutions (UK & abroad)


PROJECTS
15. Research projects

An overview of internal and collaborative research projects is provided below. Most projects involve at least informal contributions by people beyond the project team. A number of themes run through the projects including: the exploration of what happens in music therapy; how it can be discussed, assessed and evaluated; and, how music therapy is seen by clients and those around them. Music is at the heart of many of these projects, and at the same time they explore how related fields can inform music therapy practice and research. All of the projects have the overarching aim of learning about, and contributing to, practice. We thank the members of Nordoff Robbins Research Ethics Committee for their guidance and support throughout the research projects.

Research projects are ordered according to the ‘date first published’. Research projects that are still in-progress and with no publication record are listed first followed by the ones with the most recent first publication.

Explanation of information provided in the research projects below:

| Start date | Date of approval by research ethics committee. |
| Date first published | Date of the first academic publication in relation to the project. Only articles in peer-reviewed journals, books, or book chapters are included here. If these are not available, and the project has been completed, we include the abstracts from non-peer reviewed publications. |
| Full reference | Reference of publication. |
| Link | Online link to publication. |
| Abstract | The abstracts describing the projects have been taken directly from abstracts of peer-reviewed papers, conference proceedings or book descriptions from the publishers’ websites. A project outline is given only when there is no abstract available. |

**Nordoff Robbins music therapy interaction analysis**

Research team: Mercédès Pavlicevic, Neta Spiro & Camilla Farrant
Organisations involved: Nordoff Robbins
Start date: February 2013
Project outline: This study uses two approaches to develop a taxonomy for describing music therapy interactions, in order to link broader observations with detailed music therapist interpretation.

**Nordoff Robbins rating scales**

Research team: Mercédès Pavlicevic, Neta Spiro & Camilla Farrant
Organisations involved: Nordoff Robbins
Start date: February 2013
Project outline: In order to further build on Nordoff Robbins practice, in this study we are carrying out an analysis of the levels in Nordoff Robbins Evaluation Scale 1 and how the terms therein are used when describing short music therapy video extracts. We are investigating the connection between what can be seen and heard in videos and the terms used to describe them.
How much do listeners share understanding of the jazz performances they hear?

Research team: Michael Schober & Neta Spiro
Organisations involved: The New School for Social Research, New York; in association with Nordoff Robbins
Start date: September 2013
Project outline: How can we talk about a specialist activity such as music therapy to different audiences? The question of the extent of shared understanding between those participating in an activity and those observing is not limited to music therapy. This study explores audience interpretation of duo musical performance and the extent to which variability in hearing across different audience members can be predicted by prior musical experience. In particular, using an online questionnaire the study asks:

- To what extent do non-performing listeners understand a performance in the same way as the two performers who originally played?
- To what extent do audience members with different musical backgrounds hear the performance in the same way as each other? i.e. how much variability in hearing is there across an audience?
- When the performers have different interpretations of what happened in the performance, do audience hearings correspond more with one performer’s interpretation than another’s, or are hearings individually variable across all audience members? Are audience members with musical training more likely to agree with performers’ interpretations than audience members without musical training? Are audience members who have played the same instrument as a performer more likely to endorse that performer’s interpretations?
- Are audience members more likely to agree with claims about the performance that both players endorse than claims that only one performer endorses?
- Are audience members any more or less likely to endorse interpretations by an outside expert (analogous to a critic) than interpretations by the performers?

This is one of a series of studies about shared understanding in collaborative music making. We hope that the methods developed and findings identified in these projects will help inform our exploration of the variability of shared understanding in music and music therapy.

A research study on monitoring and evaluation (M&E) of music therapy services

Research team: Giorgos Tsiris, Neta Spiro, Mercédès Pavlicevic & Sarah Boyce
Organisations involved: Nordoff Robbins
Start date: September 2013
Project outline: The study aims to build an evidence base which will inform future M&E initiatives, including appropriate collection and analysis methods, report formats and dissemination methods.

Initially, 27 M&E projects which were completed between 2011-2014 by the Nordoff Robbins Research Department were analysed in terms of their methods and main areas of findings. Through this retrospective analysis of evaluation material, a number of ‘impact areas’ of music therapy services were identified.

Since these impact areas and their ratings per client group and settings emerge from a relatively small sample, a follow-up online survey helped to check the extent to which the themes (impact areas) identified were comprehensive. All Nordoff Robbins employed and supported music therapists were invited to respond to the survey which also asked them to rank the given impact areas in order of importance according to the different sites and client groups with whom they have worked with since 2012.
**Nordoff Robbins music therapy and improvisation**

Research team: Neta Spiro & Michael Schober  
Organisations involved: Nordoff Robbins; The New School for Social Research, New York  
Start date: October 2013  
Project outline: Since improvisation is at the heart of Nordoff Robbins music therapy, this study investigates the following questions: 1. What characterises music therapy improvisation in the eyes of co-improvising music therapists? 2. What are the techniques used? 3. To what extent co-improvisers agree about 'what happened'?  
This project builds on a series of studies about shared understanding in collaborative music making.

**Outcome measures for use in music therapy**

Research team: Neta Spiro, Giorgos Tsiris, Charlotte Cripps, Anna Snowman & Mercédès Pavlicevic  
Organisations involved: Nordoff Robbins  
Start date: October 2014  
Project outline: Although there is currently a plethora of outcome measures available for music therapists, and a large number of these are used in music therapy work, practitioners and researchers often encounter problems in identifying the most appropriate outcome measures.  
This project identifies outcome measures that are currently available for those working with clients with dementia and autism and investigates:  
- what the methods of assessment are,  
- where the focus lies in terms of the client's 'behaviour',  
- what the differences and similarities are across different outcome measures,  
- what (if anything) is missing from the measures,  
- what the pros and cons of using such measures might be in different situations.  
As part of the project we will also bring together definitions of outcome measures, while considering their potential usefulness to Nordoff Robbins work.

**Randomised controlled trials in music therapy: What have we learned so far**

Research team: Neta Spiro, Giorgos Tsiris, Tatiana Sobolewska & Mercédès Pavlicevic  
Organisations involved: Nordoff Robbins  
Start date: October 2014  
Project outline: Randomised controlled trials (RCTs), which often feature in debates regarding hierarchical models of evidence and their methodological assumptions, play a key role in the modern healthcare landscape. Findings from RCTs influence policy-making and shape the image of professional fields nationally and internationally. This holds true for music therapy and the wider field of music and health too.  
Despite the increasing number of RCTs conducted in music therapy and other music interventions, the research community is still learning how to carry out and report on such studies. Studies have considered practical guidelines for the design and implementation of RCTs in music, but it is equally important for researchers, and also for research audiences, to develop clear theoretical foundations and understanding of the links between RCTs and the practices that they study.  
Through analysis of 25 RCTs on music therapy and music intervention in dementia care, this study provides an overview of the type and format of practices studied in these RCTs, the outcome measures, as well as the relationship between the aims of such practices and foci of RCTs respectively. The patterns, as well as the methodological tensions and 'gaps' identified in the study, help us to learn about the connections between practice and outcome, as well as raise questions that have perhaps been overlooked in review studies that emphasise aspects of reliability, validity and generalisability. Looking ahead, the consideration of RCTs alongside other research approaches can enhance mutual understanding and exchange.
To what extent do performers and listeners share understanding of free jazz performances?

Research team: Amandine Pras, Michael Schober & Neta Spiro
Organisations involved: The New School for Social Research, New York; in association with Nordoff Robbins
Start date: November 2014
Project outline: Music therapists communicate with a range of audiences about their work. The questions they face regarding the extent of shared understanding between those participating in an activity and those observing are not limited to music therapy. Through interviews and questionnaires, this case study investigates free jazz musicians’ creative processes and the extent and nature of shared understanding when they improvised together for the first time. It also observes the extent to which other free jazz musicians within the same community agree with the performers’ characterizations when listening to their recorded performance.

This is one of a series of studies about shared understanding in collaborative music making. We hope that the methods developed and findings identified in these projects will help inform our exploration of the variability of shared understanding in music and music therapy.

Players’ and audience members’ overlapping understanding of a piano-cello chamber workshop performance

Research team: Michael Schober & Neta Spiro
Organisations involved: The New School for Social Research, New York; in association with Nordoff Robbins
Start date: May 2015
Project outline: Communication with non-music therapists about their work is a daily challenge for NR practitioners. The question of the extent of shared understanding between those participating in an activity and those observing is not limited to music therapy. Therefore, our study explores audience interpretation of duo musical performance and the extent to which variability in understanding across different audience members can be predicted by prior musical experience. In particular, using a questionnaire the study asks:

- To what extent do non-performing listeners understand a performance in the same way as the two performers who originally played?
- To what extent do audience members with different musical backgrounds hear the performance in the same way as each other?
- When the performers have different interpretations of what happened in the performance, do audience hearings correspond more with one performer’s interpretation than another’s, or are hearings individually variable across all audience members? Are audience members with musical training more likely to agree with performers’ interpretations than audience members without musical training? Are audience members who have played the same instrument as a performer more likely to endorse that performer’s interpretations?
- Are audience members more likely to agree with claims about the performance that both players endorse than claims that only one performer endorses?

This is one of a series of studies about shared understanding in collaborative music making. We hope that the methods developed and findings identified in these projects will help inform our exploration of the variability of shared understanding in music and music therapy.
Understanding the present, re-visioning the future: An initial mapping of music therapists in the United Kingdom

Research team: Catherine Carr, Giorgos Tsiris & Muriel Swijghuisen Reigersberg

Organisations involved: British Association for music Therapy (BAMT) & Goldsmiths, University of London

Start date: April 2015 (start of data collection)

Project outline: The aim of this study was to explore the profile of the UK music therapy workforce in terms of demographics, training and employment characteristics. An online survey was circulated to all BAMT members. Data were analysed using descriptive statistics and coding of free text responses. A total of 374 therapists responded (44% response rate). As an initial mapping of the current UK workforce, this study offers a pragmatic platform to consider development and strategic priorities and thus to re-vision the future of music therapy in the country. Potential implications for the international music therapy community are also discussed.

16. Doctoral projects

The Nordoff Robbins MPhil/PhD programme was inaugurated in 2006. Initially the programme was validated by City University London, and from 2016 will be validated by Goldsmith’s University. The projects listed here are part of the Nordoff Robbins programme or are projects carried out in other programmes by individuals during their Nordoff Robbins employment. The projects are ordered according to the year of completion, starting with the projects that are in-progress.

In progress

The Musical Training of Music Therapists

Donald Wetherick (PhD student); Stuart Wood (Supervisor)
Registering institution: Guildhall School of Music and Drama
2015 – ongoing.

Music Therapy and Spirituality (working title)

Giorgos Tsiris (PhD student); Gary Ansdell & Mercédès Pavlicevic (Supervisors)
Registering institution: Nordoff Robbins / Goldsmiths, University of London
2011 – ongoing


Claire Flower (PhD student) Mercedes Pavlicevic & Gary Ansdell (Supervisors)
Registering Institution: Nordoff-Robbins/Goldsmiths University
2011 – ongoing.
17. Evaluation projects

This section includes monitoring and evaluation projects of music therapy services provided or supported by Nordoff Robbins, in collaboration with partner organisations. It also includes monitoring and evaluation projects of continuing professional development courses provided by Nordoff Robbins. Projects are ordered according to their delivery date.

### 2016

#### Teenage Cancer Trust
- Regional Head: Harriet Crawford
- Practitioner: Jimmy Lyons
- Organisations involved: Nordoff Robbins and the Teenage Cancer Trust
- Date of report delivery: 23rd February 2016

#### Royal Bolton Hospital
- Regional Head: David Robinson
- Practitioner: Lucie Philips
- Organisations involved: Nordoff Robbins and the Royal Bolton Hospital
- Date of report delivery: 9th June 2016

#### Dragonflies Nursery School
- Regional Head: Lindsay McHale
- Practitioner: Kate Bennett
- Organisations involved: Nordoff Robbins and Dragonflies Nursery School
- Date of report delivery: 9th June 2016

#### Second Chance Headway Centre
- Regional Head: Alison Hornblower
- Practitioner: Alan Rudkin
- Organisations involved: Nordoff Robbins and Second Chance Headway Centre
- Date of report delivery: 9th June 2016

#### Nightingale Hospice
- Regional Head: David Robinson
- Practitioner: Charlotte Bailey
- Organisations involved: Nordoff Robbins and Nightingale Hospice
- Date of report delivery: 22nd June 2016

#### Grange School
- Regional Head: David Robinson
- Practitioner: Sarah Denman
- Organisations involved: Nordoff Robbins and Grange School
- Date of report delivery: 22nd June 2016

#### Piper Hill School
- Regional Head: David Robinson
- Practitioner: Antonia Beardsall
- Organisations involved: Nordoff Robbins and Piper Hill School
- Date of report delivery: 28th June 2016
Priory Hospital
Regional Head: Alison Hornblower
Practitioner: Richard Bennett
Organisations involved: Nordoff Robbins and Priory Hospital
Date of report delivery: 29th June 2016

St. Matthews Hall
Regional Head: David Robinson
Practitioner: Brigitte Schwarting
Organisations involved: Nordoff Robbins and St. Matthews Hall
Date of report delivery: 29th June 2016

Carlton Primary School
Regional Head: Harriet Crawford
Practitioner: Donald Wetherick (Elaine McGregor)
Organisations involved: Nordoff Robbins and Carlton Primary School
Date of report delivery: 8th July 2016

Kentish Town Primary
Regional Head: Harriet Crawford
Practitioner: Elaine McGregor
Organisations involved: Nordoff Robbins and the Royal Albert Hall
Date of report delivery: 21st July 2016

Royal Manchester Children's Hospital School
Regional Head: David Robinson
Practitioner: Brigitte Schwarting
Organisations involved: Nordoff Robbins and the Royal Manchester Children's Hospital School
Date of report delivery: 15th November 2016

Beormund School
Regional Head: Lindsay McHale
Practitioner: Fraser Moyle
Organisations involved: Nordoff Robbins and Beormund School
Date of report delivery: 17th November 2016

Melrose School
Regional Head: Lindsay McHale
Practitioner: Natasha Merritt
Organisations involved: Nordoff Robbins and Melrose School
Date of report delivery: 17th November 2016

Garston Manor School
Regional Head: Harriet Crawford
Practitioner: Laura Borrows
Organisations involved: Nordoff Robbins and Garston Manor School
Date of report delivery: 21st November 2016

QEII Jubilee School
Regional Head: Harriet Crawford
Practitioner: Jose Alor
Organisations involved: Nordoff Robbins and QEII Jubilee School
Date of report delivery: 24th November 2016
Sheffield Children’s Hospital
Regional Head: Alison Hornblower
Practitioner: Sarah Smith
Organisations involved: Nordoff Robbins and Sheffield Children’s Hospital
Date of report delivery: 24th November 2016

Royal Victoria Infirmary
Regional Head: Alison Hornblower
Practitioner: Beverly Rayner
Organisations involved: Nordoff Robbins and the Royal Victoria Infirmary
Date of report delivery: 28th November 2016

Royal Albert Hall
Regional Head: Harriet Crawford
Practitioner: Elaine McGregor
Organisations involved: Nordoff Robbins and the Royal Albert Hall
Date of report delivery: 29th November 2016

Kinsley School
Regional Head: Alison Hornblower
Practitioner: Susanna Hewitt
Organisations involved: Nordoff Robbins and Kinsley School
Date of report delivery: 29th November 2016

Royal Albert Hall
Regional Head: Harriet Crawford
Practitioner: Elaine McGregor
Organisations involved: Nordoff Robbins and the Royal Albert Hall
Date of report delivery: 29th November 2016

St Nicholas School
Regional Head: Lindsay McHale
Practitioner: Fraser Moyle
Organisations involved: Nordoff Robbins and St Nicholas School
Date of report delivery: 1st December 2016

Save the Family
Regional Head: David Robinson
Practitioner: Charlotte Bailey
Organisations involved: Nordoff Robbins and Save the Family
Date of report delivery: 9th December 2016

Stanley Park High School
Regional Head: Lindsay McHale
Practitioner: Kate Bennett
Organisations involved: Nordoff Robbins and Stanley Park High School
Date of report delivery: 22nd December 2016